

Brought to you by

# The HUNDRED-FOOT JOURNEY

IN THEATERS AUGUST 8

and  LE CORDON BLEU

Recipes from the book: *Le Cordon Bleu Cuisine Foundations*



## Soupe à l'oignon

Serves 6

### Ingredients

|   |  |
|---|--|
| 1 kg / 2 lb 3 oz Onions, sliced                               | ½ pc French baguette, sliced             |
| 150 g / 5¼ oz Unsalted butter                                 | 100 g / 3¼ oz Gruyère cheese, grated     |
| 60 g / 2 oz Flour   | 100 g / 3¼ oz Butter, clarified          |
| 250 mL / 8 oz Dry white wine                                  | 120 mL / 4 fl. oz Heavy cream (optional) |
| 1.5 L / 1½ qt Water   | 30 mL / 1 oz Port wine (optional)        |
| 1 pc Bouquet garni  | 100 g / 3½ oz Gruyère cheese, grated     |
| 50 g / 1¾ oz Glace de viande (optional), for color and flavor |  |
| Salt and white pepper   |  |

### Method

1. Preheat oven to 205°C (400°F)
2. Peel the onions, remove the roots, and slice thinly. Melt the butter in a large saucepan over medium heat and cook the onions until soft and lightly colored.
3. Add the flour and cook until it starts to take on some color (1 to 2 minutes).
4. Deglaze with white wine and allow the liquid to reduce by half before adding the water. Add the bouquet garni, season to taste, then reduce the heat to a gentle simmer and leave to cook for 45 minutes.

*Optional:* Add some glace de viande for more color.

5. Slice the baguette and lightly toast it in the oven, then lightly butter the top side of each slice and sprinkle with cheese. Place the bread back in the oven until the cheese is just melted but not colored.
6. Set aside.
7. Remove the bouquet garni from the soup and discard.

*Optional:* Whisk the port wine into the cream and ladle some hot soup into the cream to temper. Off the heat, stir the cream back into the hot soup.

### To Serve

1. Ladle the soup into ovenproof bowls. Top with croutons to completely cover. Sprinkle with more cheese. Arrange the bowls on a baking sheet. Place the tray under a broiler or salamander until the cheese is browned.
2. Serve immediately.

*Celebrate July 4th with flavor!*

*Brought to you by*

*The* **HUNDRED-FOOT  
JOURNEY**  
IN THEATERS AUGUST 8



## *Pasta Salad with Chickpeas*

*Serves 4*

### *Ingredients*

#### *Pasta Salad*

1 can chick peas (garbanzo beans)- rinsed well  
2 cucumbers- seeded and diced  
3 tomatoes- seeded and diced  
1 1/2 medium red onion- diced  
pomegranate seeds

1 lb. spiral noodles- cooked according to pkg. directions  
1 lime  
1/4 c. garlic-oil (recipe follows)  
2 tsp. chaat masala (or to taste)  
salt and pepper (to taste)  
bunch of cilantro, chopped

#### *Garlic-Oil*

1/4 c. olive oil  
1 serrano chile- slit 2 or 3 times  
5 cloves of garlic (with skins)-cut in half

### *Method*

#### *Garlic Oil*

1. Preheat your oven to 300 degrees F. Combine the olive oil, Serrano chile, and garlic in a glass baking dish. Place in the heated oven for at least 45 minutes. Allow to cool before using on the salad.
2. After cooling, strain the oil to remove the garlic cloves and chile. Store in a sealed jar.

#### *Pasta Salad*

1. Combine the cucumbers, chickpeas, tomatoes, pomegranate, onion, and pasta in a large bowl. Mix well to combine.
2. In a separate jar, combine the garlic oil with lime juice and chaat masala. Cover the jar and shake.
3. Pour the dressing on the salad and season to taste with salt and pepper. Use pomegranate seeds and chopped cilantro for garnish. Refrigerate overnight if possible before serving.

*Celebrate July 4th with flavor!*

*Brought to you by*

**The HUNDRED-FOOT  
JOURNEY**  
IN THEATERS AUGUST 8



## **Raspberry and Blueberry Tarte**

### **Ingredients**

#### *Tarte*

1 1/4 cups all-purpose flour  
3 tablespoons granulated sugar  
1/4 teaspoon salt  
6 tablespoons (3/4 stick) cold  
butter, diced  
2 tablespoons cold shortening

1/4 cup ice water  
2 cups Pastry Cream  
Blueberries and Raspberries  
for garnish  
1/3 cup apricot jelly

#### *Pastry Cream*

5 room temperature egg yolks  
3/4 cup granulated sugar  
4 tablespoons cornstarch  
1 1/2 cups scalded milk

1 teaspoon vanilla extract  
1 tablespoon unsalted butter  
1 tablespoon heavy cream

### **Method**

#### *Tarte*

1. In a bowl, combine flour, sugar, and salt. Freeze for 30 minutes.
2. Add flour mixture to a food processor. Add butter and shortening, pulsing about ten times, or until butter is in pea-sized lumps.
3. Add ice water, processing until dough forms.
4. Place dough on a well-floured board and form dough into a disc. Wrap the dough in plastic wrap and chill for approximately 30 minutes.
5. Preheat oven to 375 degrees F.
6. Roll out the dough, placing it in 4 (4 1/2 - inch) tart pans with removable sides. Don't stretch the dough in the pans. Roll the pin across the top of each pan to remove excess dough.
7. Line the tart shells with a piece of aluminum foil (buttered) with the butter side down. Fill with dried beans or rice. Bake the shells for ten minutes.
8. Remove the foil and rice/beans from the shells and prick the shells all over with a fork. Bake for an additional 15-20 minutes until they are lightly browned. Set aside to cool.
9. Fill tart shells with pastry cream before serving. Arrange the berries for garnish on top of the cream.
10. Melt the apricot jelly with 1 teaspoon of water. Use this to brush the top of the tarts before serving.

#### *Pastry Cream*

1. Beat the egg yolks and sugar on medium-high speed for four minutes or until very thick in an electric mixer.
2. Reduce the mixer to low speed and add in the cornstarch.
3. Slowly pour in the hot milk. Keep the speed on low.
4. Pour the mixture into a medium saucepan, cooking over low heat and stirring constantly with a wooden spoon for approximately 5-7 minutes until it thickens. When the custard comes to a boil and appears to curdle, whisk vigorously. Continue whisking for another 2 minutes until the consistency resembles thick pudding.
5. Stir in the vanilla, butter, and heavy cream. Place in a bowl and cover with plastic wrap directly onto the custard. Refrigerate until cold.

Celebrate July 4th with flavor!

Brought to you by

**The HUNDRED-FOOT  
JOURNEY**  
IN THEATERS AUGUST 8



## Curry Hot Dog

Serves 4

### Ingredients

#### Hot Dogs

Hot dogs of your choice (4)  
Curry powder (to taste)  
Paneer cheese

Potato Buns (4)  
Mango chutney (recipe below)  
Fresh cilantro (for garnish)

#### Mango Chutney

4 1/2 pounds peeled mangos  
3 1/2 tablespoons vegetable oil  
1 teaspoon chile flakes  
2 1/2 cups red onion, diced  
1/4 cup minced fresh ginger  
1 1/2 cup red bell pepper,  
diced  
8 ounces unsweetened  
pineapple juice

4 ounces cider vinegar  
1/2 cup brown sugar  
1 1/2 tablespoons curry powder  
Kosher salt and fresh ground  
white pepper to taste  
1/2 cup raisins or golden  
raisins  
1/2 cup toasted, roughly  
chopped macadamia nuts

### Method

#### Hot Dogs

1. Drizzle the hot dogs with canola oil, coating evenly.
2. Sprinkle evenly with curry powder to taste.
3. Grill the hot dogs over medium heat. At the same time, grill four small pieces of the paneer.
4. Grill the cheese for three minutes or until slightly brown, approximately 3 minutes.
5. Toast the buns on both sides to your taste. Finely chop the grilled paneer and add some to each bun.
6. When the hot dogs are finished on the grill, place them in the buns over the cheese. Serve with mango chutney and fresh chopped cilantro for garnish.

#### Mango Chutney – Makes four cups

1. Cut the mango to remove the pit. You should end up with 2 large pieces and 2 smaller pieces from each mango. Roughly chop the mango.
2. Heat the oil in a sauté pan, adding the chile flakes and toasting to flavor the oil. Be careful not to burn the flakes. Add the red onions and sweat until they are soft.
3. Add the ginger and bell pepper and sauté for 1-2 minutes. Add the mango and cook for approximately one more minute.
4. Combine pineapple juice, vinegar, curry powder, and sugar in a separate bowl. Add to the pan and stir repeatedly until combined. Bring this up to a bare simmer and then reduce for 30 minutes, stirring frequently. Season with salt and pepper.
5. Add the raisins and nuts. Prepare an ice bath and transfer the mixture to another bowl over the ice bath. Add the curry powder to taste.

*Celebrate July 4th with flavor!*

*Brought to you by*

**The HUNDRED-FOOT  
JOURNEY**

IN THEATERS AUGUST 8

*Ingredients*

- 2 cups granulated sugar
- 1 tbsp. citric acid
- 1 tbsp. lemon extract
- 1 cup water
- 1 gallon sparkling water

*Method*

1. Heat the sugar, citric acid, water, and lemon extract in a small pan until sugar is fully dissolved.
2. Allow the mixture to cool completely.
3. Mix the sparkling water with your sugar syrup and stir. Refrigerate for best results.
4. Serve with limes, lemons, and oranges.



*Sparkling Lemonade*



100ftjourney

#100FootJourney