





Welkin & Meraki Paris

Boule de Berlin

I drew my inspiration for this recipe from the famous 'Tarte Tropézienne', or filled brioche. This pastry was originally designed as a dessert, but as we all know, a breakfast buffet is not complete without cakes and other sweet things. The Tarte Tropézienne was created in 1955 by pastry cook Alexandre Micka in honour of Brigitte Bardot, who was staying that year in the fashionable French seaside resort to film Et Dieu créa la femme (1956, Roger Vadim).

- INGREDIENTS FOR 30 SMALL BOULES -



For the batter:

230 ml whole milk
30 g fresh yeast
500 g flour
60 g butter (at room temperature)
145 g vanilla sugar
6 g salt
neutral oil (such as peanut oil) for greasing

For the pastry cream:

1 litre whole milk
120 g egg yolks
100 g pudding mix
120 g sugar
1 vanilla pod
50 g butter
a pinch of orange blossom

To finish:

icing sugar
grated peel of 1 lemon

Heat the milk until lukewarm. Dissolve the fresh yeast in it.
Put the flour, butter, salt and vanilla sugar in the food processor bowl. Run the food processor until everything is well mixed.
Slowly pour in the milk with the yeast and knead into an elastic dough in the food processor. It must not stick, but must not be too dry either.
Preheat the oven to 30 °C.
Rub a large bowl with a lick of neutral oil and dust with flour.
Lay the dough in it and cover with a clean kitchen towel.
Leave the dough to rise for 40 minutes in the lightly heated oven.
Meanwhile, prepare the pastry cream. Bring the milk to the boil. Beat the egg yolks, the pudding powder, the sugar and the vanilla together. Combine with the boiling milk. Mix into a sauce. Now stir the butter into the mixture and leave everything to cool.
Beat with a pinch of orange blossom to taste.
Remove the risen dough from the oven and push the air out. Knead briefly once again and then form balls larger than golf balls but smaller than tennis balls.
Cover a baking tray with baking paper or place a silicon mat on it. Place the balls on the baking tray with sufficient space between them and cover with a towel.
Leave for another 20 minutes in the oven at 30 °C to rise.
Heat the deep fryer to 170 °C.
Bake the balls golden brown all over in the frying oil.
Halfway through the frying time turn with a spoon.
Place on kitchen paper to drain and leave to cool.
Inject the cooled pastry cream into the boules and finish with icing sugar and grated lemon peel.

Marinated salmon, seed bread, potato, dill and cucumber

This is a true classic of Norwegian cuisine. I prepare it as a light and nutritious lunch. There is no precise rule for how much grated peel or horseradish to add. Some prefer it spicier, others can just leave out the horseradish. Feel free to play with the preparation.

- INGREDIENTS TO SERVE 10 -

For the salmon:

80 g salmon per person
generous dash of olive oil
grated lime peel
fresh horseradish, finely
grated
pepper and salt

For the cucumber:

500 g cucumber, in thin
slices
salt
30 g dill, freshly chopped
10 g red peppercorns
3 g coriander seeds,
bruised
100 g shallot, finely
shredded
500 g brine (see basic
recipe p. 174)

For the dill emulsion:

1 litre sunflower oil
1 clove garlic, crushed
50 g fresh dill
75 g mustard
200 g egg white
80 g dill vinegar
pepper and salt

For the potato slices:

a few baby new potatoes
olive oil
pepper
coarse salt

And also:

10 slices of seed bread, 1,5
cm thick
pickled mustard seeds
some finely shredded
shallot as a garnish
fresh dill

Cut the salmon into thin slices. Marinate with the olive oil, grated lime peel and grated horseradish, and season with pepper and salt.

Season the cucumber slices with salt and leave to drain for 20 minutes in a sieve. Rinse thoroughly under water until all the salt has been removed.

Mix with the herbs and shallot and pour the brine onto the cucumber preparation. Store in the refrigerator.

Mix all the ingredients for the dill emulsion in the blender, except the oil. Slowly pour in the sunflower oil and bind into an emulsion.

Cook the unpeeled baby potatoes in salt water until al dente and leave to cool. Peel and slice the potatoes. Drizzle with some olive oil and season with pepper and coarse salt.

Cover each slice of bread with salmon, cucumber and potato slices. Finish with the emulsion and possibly some pickled mustard seeds (see basic recipe p. 172) and shallot. Garnish with fresh dill.



Seed bread with radishes and yoghurt, lime, black olive and za'atar

Za'atar is a spice mixture from the Middle East. Traditionally, it consists of the spice itself, mixed with sesame seeds and sumac, another fresh-sour spice from the Levant cuisine. The mixture is eaten with both meat and vegetable dishes or, as in Israel and in the Palestinian territories, for breakfast on a sandwich with olive oil.

1 slice seed bread per
person, 1.5 cm thick
50 g Greek yoghurt per
person
4 fresh radishes per
person, sliced

For the radish pickle:
20 radishes
brine
(see basic recipe p. 174)

For the basil oil:
see basic recipe p. 175

To finish:
tapenade of black olives
(natural, commercially
available)
za'atar spice mix
grated lime peel
some tarragon leaves
basil, dill, tarragon and
small flowers

Bring the brine to the boil and pour over the cleaned radishes.

Leave to cool and store in a cool place.

Cover the slices of bread with a layer of yoghurt.

Arrange the pieces and add slices of fresh and pickled radish on top.

Finish with some tapenade, za'atar and finally with some tufts and leaves of tarragon, basil and dill.

Garnish with basil oil, grated lime peel and petals.







Ravioli with chicken, tom kha gai, shiitake and cashew nuts

This pasta preparation was inspired by my trip to fabulous Thailand, where you will find one of the tastiest and at the same time healthiest cuisines in the world. Tom kha gai is traditionally a classic spicy-sour chicken soup with coconut milk.

For the dough:

see basic recipe on p. 177

For the sauce:

½ chilli pepper
1 garlic clove
800 g Spanish onion
1 tablespoon chicken bouillon powder
2 lemongrass stalks
4 lime leaves
10 sprigs coriander
1 dl oriental vinegar
1 litre coconut milk
1 lime

For the filling:

500 g chicken breast or finely ground prawn tails
100 g coriander, finely chopped
100 g white of leek, finely chopped
100 g carrots, finely chopped
100 g shallot, shredded
3 tablespoons oyster sauce
2 tablespoons soy sauce
1 garlic clove, crushed
40 g ginger, finely chopped
2 tablespoons sesame oil
juice of 1 lime
grated peel of 2 limes
2 eggs

For the vegetables:

200 g fresh mini shiitake mushrooms
5 mini bok choy, cut into pieces
5 shallots, shredded
2 garlic cloves, bruised
1 dl lemongrass oil
pepper and salt
150 g edamame beans
grated peel of 2 limes

To finish:

cashew nuts
fresh coriander

Prepare the dough as in the recipe on p. 80.
Lightly fry the ingredients for the sauce and deglaze with the vinegar. Add the coconut milk and reduce by half. Press through a sieve and add some lime juice.
Stir fry the vegetables in a hot pan with the garlic and oil. Season with pepper and salt. Finish with the beans and grated lime peel.
Mix all the ingredients for the filling together and fill the ravioli.
Cook the ravioli al dente for 4 minutes in salted water.
Serve the ravioli with the sauce and the vegetables, and finish with a few cashew nuts and possibly some tufts of coriander.



Ceviche of sea bream, coconut, mint, coriander and avocado

For the sea bream:

4 fillets of king sea
bream, approx. 100 g per
fillet
pepper and salt
grated peel of 1 lime
lemongrass oil (see basic
recipe p. 172)

For the avocado crème:

3 avocados
1 shallot, finely shredded
2 dl olive oil
1 dl mint vinegar (see
basic recipe p. 174)grated
peel and juice of 1 lime
½ garlic clove, crushed
5 sprigs fresh coriander
pepper and salt

For the jus:

500 ml coconut milk
1 small chilli pepper
2 shallots, shredded
3 sprigs mint and
coriander, finely chopped
1 dl mint vinegar
50 g ginger, chopped
200 g Greek yoghurt
grated peel and juice of
2 limes
heads and bones of the
fish
pepper and salt
leek oil (see basic recipe
p. 174)
lemongrass oil

To finish:

some roasted and
chopped peanuts
pickled shallots (see basic
recipe p. 174)
fresh coriander leaves
flowers and herbs
grated lime peel

Skin the fish fillets and cut away the red part in the middle of the fillet.

Cut the fish into equal chunks and season with salt and pepper,
the grated lime peel and the lemongrass oil.

Do this just before serving so that the fish does not cook prematurely because of the acids.

Mix the avocados with the other ingredients into a smooth crème and season with salt and pepper.
Mix all the ingredients for the jus, except for the fish heads and bones, in a blender. Add the heads and
bones and leave the sauce to marinate for 2 to 3 hours in the refrigerator. Pour through a fine sieve and
season to taste. Finish with leek oil and some lemongrass oil.

Place the avocado cream in a deep plate. Place the fish on the cream. Finish with the roasted peanuts,
pickled shallot, coriander, flowers and herbs, and the grated lime peel.



Burrata with pickled vegetables, tapenade of Kalamata olives, and coppa

Just like you have different types of mozzarella, you also have burrata of good and of lesser quality. Try to avoid the industrially produced type, which is now coming into supermarkets, and opt for a traditional product from a better cheese shop.

50 g Kalamata olive
tapenade
2 burrata
fresh-ground pepper
Maldon sea salt
pickled vegetables (red
onions, carrots, radishes,
see basic recipes p. 174)
10 thin slices of coppa
100 g ciabatta croutons
some young basil leaves
a salad of fresh herbs
(tarragon, dill, watercress
etc.)
basil oil (see basic recipe
p. 175)

For the basil and rocket jus:

100 g basil
100 g rocket
100 g ice cubes
100 ml olive oil
pepper and salt
thyme vinegar (see basic recipe
p. 174)

Arrange a spoonful of tapenade in the centre of the plate and place the burrata on top of the tapenade.

Season with fresh-ground pepper and Maldon sea salt.

Place the pickled vegetables around the burrata and distribute the coppa.

Finish with the croutons, basil leaves and herbs.

Mix the ingredients for the jus in a blender and strain through a sieve. Season with pepper and salt.

Drizzle some basil oil and jus around the preparation.



Poussin chickens with tarragon, candied shallot and carrot, and radicchio (Italian chicory)

4 poussin (baby) chickens	For the jus:	For the shallots:	For the carrots:
1 bunch tarragon	4 shallots, finely diced	1 garlic clove, crushed	4 thick carrots in
4 garlic cloves, bruised	2 garlic cloves, crushed	100 g butter	different colours, peeled
pepper and salt	olive oil	olive oil	and cleaned
1 dl olive oil	1 dl cognac	sugar	1 shallot, cut into small
200 g fresh butter	2 dl white wine	pepper and salt	chunks
	5 dl chicken bouillon	8 thick shallots, cut in	2 garlic cloves, crushed
	2 dl cream	half lengthwise	100 g butter
	ground pepper	2 sprigs of thyme	olive oil
	salt		1 star anise
	tarragon oil (see basic		2 sprigs of bay and thyme
	recipe p. 174)		pepper and salt
	cornflour		sugar
	tarragon, finely chopped		2 cloves
			1 litre chicken bouillon
			50 g parsley, finely
			chopped

Stuff the poussin chickens with tarragon and a clove of garlic. Season with pepper and salt.

Pour oil over the chickens and place a knob of butter on each.

Cook in a preheated oven at 180°C for 45 minutes.

For the jus, lightly fry the shallots in a pan, add the garlic and deglaze with the cognac and the white wine.

Reduce and then add the bouillon and the cream.

Reduce by half and season with pepper, salt and tarragon oil.

Thicken the sauce with cornflour. Add some freshly chopped tarragon before serving.

Then prepare the shallots. Melt the butter and the olive oil in a pan with the garlic. Add sugar, pepper and salt and place the shallots flat-side down in the butter. Add the sprigs of thyme and place a sheet of baking paper on the shallots. Cover with a lid and leave the shallots to cook nicely in the same way as endives.

Cut the carrots into thick pieces.

Cook them with the shallot, garlic and aromatics in a shallow pot and moisten with the bouillon.

Cover with a lid and leave to cook until the carrots are nice and soft.

Remove the carrots from the pot and leave the liquid to reduce.

Glaze the carrots in the pan with butter. Finish with chopped parsley.

Serve this dish with potato mousseline or pasta and a salad of radicchio enriched with thyme vinegar and basil oil (see basic recipes p. 175).



Lemon tart with white chocolate and raspberries

Precision is essential in patisserie. Resist the temptation to round up or down the amounts in this recipe, as this may give a less successful end result.

For 1 tart:

8 cm tart base
cocoa butter
250 g raspberries
icing sugar

For the crèmeux of white chocolate with lemon:

74 g glucose
66 g egg yolks
162 ml milk
570 ml cream
288 g white chocolate
juice of 3 lemons
grated peel of 1 lime, 1
lemon, 1 orange
pinch of saffron
2 cinnamon sticks
2 gelatine leaves

Coat a tart base with cocoa butter and leave to stiffen.

Heat the glucose and add to the yolks. Mix well.

Bring the milk to the boil with the cream, the chocolate, aromatics and spices. Add the egg yolk mixture and bring to a temperature of 82 °C. Remove the cinnamon sticks from the mixture.

Pour through a fine sieve and add the soaked and squeezed gelatine. Stir and pour the filling into the tart base. Leave to stiffen in the refrigerator.

Arrange the raspberries nicely on the cake and finish with icing sugar.

