

for puff pastry - low gluten flour or pastry flour  
 for breads + rolls - high gluten  
 (croissants, etc.)

Mission Gourmet Cooking School  
 155 Anza  
 Mission San Jose, Calif. 94539  
 657-8062

\* get dough scraper  
 and parchment  
~~spatula~~  
 huge spatula  
 Vienna Bakery sells puff pastry  
 (next to Lucida)

GUEST CHEF: MARINETTE GEORGI  
 CLASS: USING PUFF PASTRY  
 DATE: Wednesday, April 20, 1983

POISSON EN CROUTE  
 NAPOLEANS  
 COERUS DE PALMIER  
 CHEESE STICK HORS D'OEUVRES

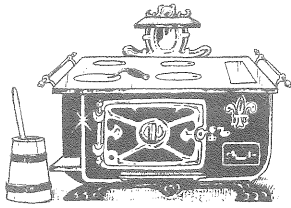
Keep pastry cold + firm.  
 Don't work w/ soft dough.

POISSON EN CROUTE Serves 6-8

1/2 recipe for puff pastry  
 2 1-lb. fish fillets (lingcod) *shark used in class* *red snapper*  
 egg wash: 1 egg beaten with a little water *see bass*  
 flour (for rolling out pastry) *salmon*

1. Roll out pastry about 1/4". Divide it into 2 rectangles at least 2" wider and longer than the fish fillets. Remember to flour board and release dough frequently as you work with it. *Don't roll over end or layers will be mashed together.*
2. With first 1/2 dough, roll out till you have a large rectangle, longer than wider. As you are working with it, you can lift by "rolling" over rolling pin. When size is reached, place in refrigerator, covered. Proceed to other piece of dough, which will be the bottom of the fish.
3. Roll out second 1/2 to the large rectangle shape. Center one thoroughly dried fillet on the pastry. Season with salt and pepper. *Helps if this part is on parchment.*
4. Coat fillet completely with the Fish Mousse (recipe follows).
5. Place the other fillet on top of the mousse and season with salt and pepper.
6. With a sharp knife, cut the pastry to form a fish shape, at least 1" wider than the fish fillet all around. Brush the edges with egg wash. Cover with the other rectangle of dough.
7. Press edges of top piece of dough to bottom. Do this gently, without puncturing with your fingers, with a pushing motion. The top dough will adhere because of the egg wash underneath. Cut around, making fish pattern matching bottom. Brush with egg wash all over fish.

*If dough is so ... at this point, refrigerate to chill + firm before attempting to "decorate" fish.*



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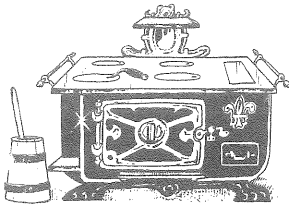
POISSON EN CROUTE (continued)

8. With a sharp knife, press all around, making indentations for fins and tail. At head, make a circular shape for the gills and place a pistachio for the eye. For scales, use a cookie cutter or other object. YOU CAN REFRIGERATE AT THIS POINT FOR 1 DAY. *Don't allow to warm to room temp. Put directly into preheated oven.*
9. With the remaining strips of dough, you can make cut-outs to decorate fish or use dough to make hearts of palm cookies.
10. Let fish rest in refrigerator for 1-2 hours or in freezer for 20 minutes.
11. Preheat oven to 425 degrees. Place fish in preheated oven and bake for 15 minutes at 425 degrees. Then lower to 375 degrees and cook 20-30 minutes longer. Pastry should be a golden brown. Test with a cake tester.
12. To serve, loosen the pastry from the pan by gently sliding a spatula underneath the edges. Transfer to a platter and garnish with parsley. *let fish rest 15-30 mins. before serving, or moving to platter. Remove foil head.*

Fish Mousse:

*fillet of sole*  
6 oz. fish fillet (salmon used in class), cut into small pieces  
1 egg white (RT)  
 $\frac{1}{4}$  cup cream  
 $\frac{1}{2}$  cup pistachios *or any nut*  
 $\frac{1}{2}$  teaspoon salt  
freshly ground pepper

1. Combine fish and egg white in electric blender or food processor. Blend till you have a smooth puree (looks like a paste).
2. Add cream and blend 5 seconds longer. *or a little longer*
3. Pour into a bowl and stir in pistachios with salt and pepper to taste.



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### BEURRE BLANC

Put the following ingredients into a saucepan:

1 cup dry white wine (can use  $\frac{1}{2}$  cup dry white wine +  $\frac{1}{2}$  cup white vinegar)

$\frac{1}{4}$  to  $\frac{1}{2}$  cup shallots or green onions, finely minced

Cook over high heat until liquid has reduced to only 2 or 3 Tbsps. Be careful not to reduce this too much or the sauce doesn't work. You must have some acid left in the pan.

1 lb. sweet butter, chilled and cut into tablespoon-size pieces

In a heavy saucepan (enameled covered or stainless steel) over low heat, add the butter, 3 or 4 pieces at first, whisking constantly. The mixture will become creamy. As you add more pieces of cold butter, one or two pieces at a time so that there will always be 2 or 3 partially unmelted pieces in the sauce, you will find that you must whisk faster and that you must raise the heat a little to maintain the lukewarm temperature of the sauce. Continue until all the butter is in and the sauce is frothy and pale. Remove from the heat while there are still two or three partially unmelted pieces of butter in the sauce. Make sure you don't get the sauce too hot or it will turn into melted butter.

1 tsp. salt

2 tsps. white vinegar (add this only if you did not use vinegar above)

Taste and correct seasonings.

*over eggs (omelette)*  
*any fish*  
*chicken*