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Opening Extract from...

À La Mère de Famille

Written by Julien Merceron

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ARTISANAL RECIPES
BY JULIEN MERCERON



À LA MÈRE
MAISON FONDÉE
· EN 1761 ·
DE FAMILLE

CAKES
GÂTEAUX

CONFECTIONERY
CHOCOLATES

GLACÉ FRUITS
BISCUITS

JAMS & SPREADS
ICE CREAM



PHOTOGRAPHY
BY JEAN CAZALS

ILLUSTRATED BY
SOPHIE PÉCHAUD
& JULIE SERRE



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FRUITS



CHAPTER 1

FINANCIERS, MADELEINES

and cakes *à la française*: simplicity itself, *n'est-ce pas?* A simplicity that borders on the sublime, as long as you are willing to learn the perfect technique and correct proportions by heart. Look no further: all you need to do to master these classics (whether lemon, chocolate, cherry or hazelnut flavoured) is follow the instructions of À la Mère de Famille to the letter. Then, you too will be able to offer your nearest and dearest, young and old, the most perfect of indulgences.



CAKES GÂTEAUX

CAKES AND GÂTEAUX

Pain d'Épices
PUR MIEL 60%
BISCUITERIE DE FRANCE
49000 VILLEMANAISE

MORELLO CHERRY FINANCIERS

MAKES 12



PREPARATION TIME 10 MINUTES

COOKING TIME 13 MINUTES

80 g unsalted butter
150 g icing sugar
50 g ground almonds
60 g plain flour
2 g baking powder
5 egg whites
60 morello cherries in alcohol, drained

EQUIPMENT

financier moulds

MAKING THE BATTER

Gently melt the butter in a saucepan over low heat until its starts to foam and turn a light brown colour (see instructions for browning butter on page 8). Remove from the heat. Combine the icing sugar, ground almonds, flour and baking powder in a mixing bowl. Add the egg whites and continue to stir while incorporating the butter.

BAKING

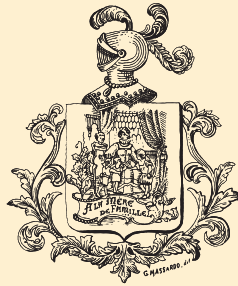
Preheat the oven to 190°C. Pour the batter into lightly greased financier moulds. Place five cherries on top of each financier and bake for 13 minutes. Financiers can be kept in an airtight container for up to 5 days.



CHEF'S TIP: *Keep in mind that financiers are an ideal recipe for using up any leftover egg whites from other recipes, such as crème anglaise — that way, nothing is wasted!*



HOW THE STORY GOES ...



1761
~
1791



1761 ~ 1791

A SHOP WITH THE AIR OF A FARMHOUSE COTTAGE



1791 ~ 1807

THE FATE OF A FAMILY MAN

1807 ~ 1825

A FREE WOMAN

1825 ~ 1850

AT THE HEART OF ARTISTIC LIFE

1850 ~ 1895

BISCUITS AND CONFECTIONERY

A SHOP WITH THE AIR OF A FARMHOUSE COTTAGE

One day in 1760, a young man from Coulommiers arrives in Paris with a grocery diploma, which he has just received from the hands of the Procureur du Roi.

Fascinated by the Parisian life he discovers, he wanders the streets of the capital, frequently drawn to the quarter of Faubourg–Montmartre and its atmosphere that is at once rustic, festive and carefree. During his first year in Paris, Pierre-Jean Bernard falls for the charms of a small farm on the corner of what is now the Rue de Provence. It is a three-room cottage, with an earthen floor and wooden doors, whose three sheds and stables he turns into a pretty *épicerie* (grocery shop). The corner store quickly becomes an essential stopover in Faubourg–Montmartre, which in the years to follow becomes a charming residential quarter that pulsates after

nightfall with balls and *guinguettes* (drinking establishments), and is a regular haunt of Paris's high society. Louis XV builds his recreational 'Hôtel des Menus Plaisirs' in this part of Paris, and French-style gardens bloom ... Three years after making his home here, Pierre-Jean Bernard marries Marie-Catherine Fossey. The Maison Bernard is born. In 1773, the couple buys the store they run their business from, and in 1779 Pierre-Jean Bernard makes the first changes to the store: he modernises, expands and develops a section for confectionery ... Paris flocks to the couple's store to purchase simple, delightful and original products, reflecting the elegant and lighthearted character of the neighbourhood and its inhabitants.

The Maison Bernard is a grocery store in the style of the Ancien Régime. It belongs to the apothecaries' guild and mainly sells savoury food items such as vinegar, flour, wine and hams from Bayonne, Bordeaux and Mayence, in addition to the delectable sugared almonds, jams, dried fruit and pastries on offer ...



1895 ~ 1920

A CHILDHOOD DREAM

1920 ~ 1950

THE SOUL OF THE NEIGHBOURHOOD

1950 ~ 1985

ALBERT AND SUZANNE

1985 ~ 2000

THE TIME OF CHOCOLATE

SINCE 2000

HISTORY REINVENTED



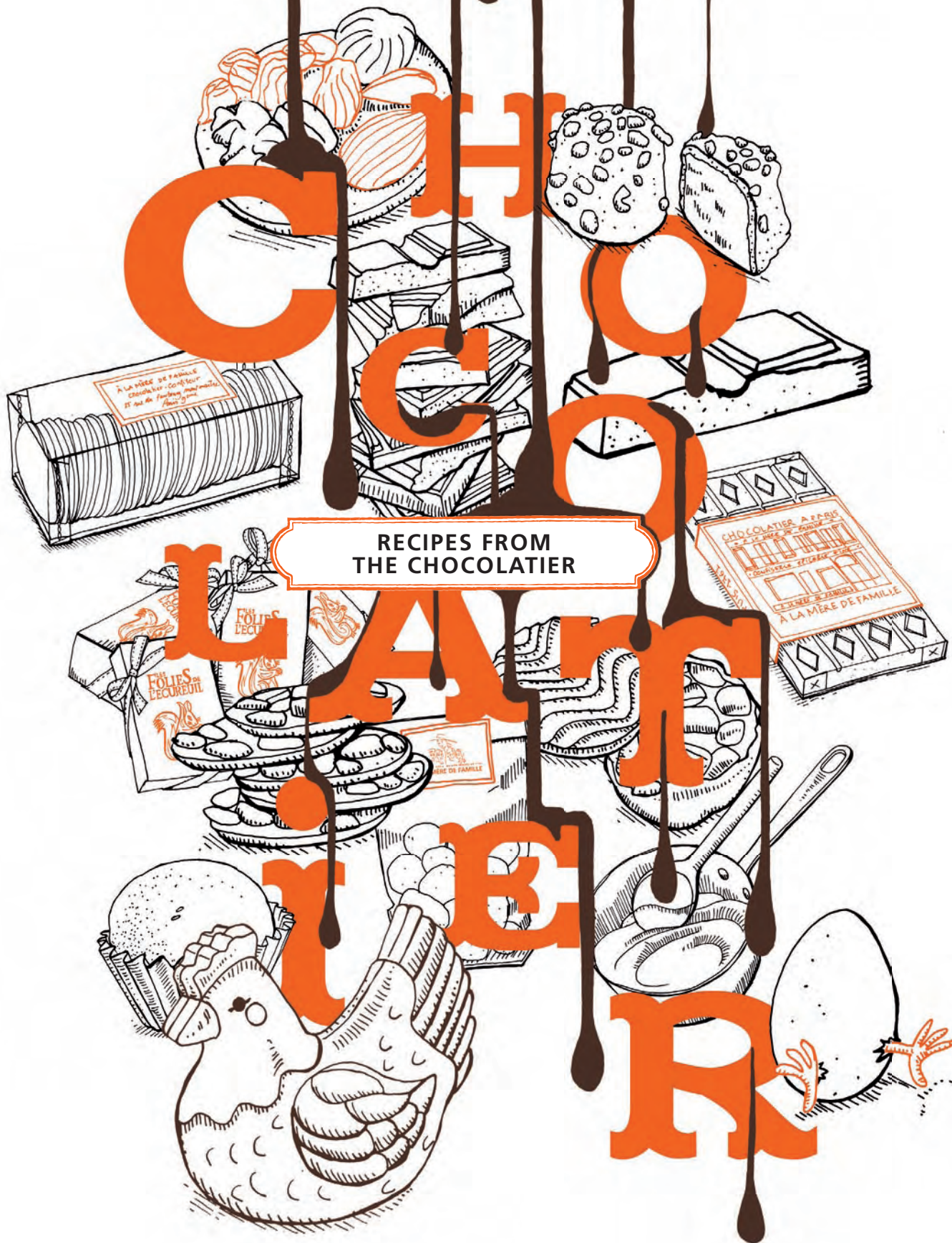
CHAPTER 2

AT À LA MÈRE DE FAMILLE

the chocolates could almost take you on holiday, with names like ‘toucans’, ‘waves’, ‘Biarritz rochers’ ... They conjure up lazy afternoons (‘croque-TV’) and offer a complete return to childhood: picture lollipops specially designed to be dipped in hot milk. This chapter includes instructions from a professional on how to temper chocolate and make your own chocolate bars! But before you start, we’ll give you the low-down on the essentials, because the art of the chocolatier is not one that can be improvised. You will thus need: couverture chocolate for optimal texture, a sugar thermometer for tempering the chocolate, and an acetate sheet for creating a smooth and shiny end result.

CHOCOLATER

RECIPES FROM
THE CHOCOLATER



BIARRITZ WAVES

MAKES 600 G



PREPARATION TIME 20 MINUTES

RESTING TIME 2 HOURS

200 g mixed nuts and dried fruit, such as almonds, pine nuts,
pistachio nuts, candied orange peel (page 102) and raisins
400 g good-quality dark, milk or white chocolate (preferably couverture)

EQUIPMENT

acetate sheet
sugar thermometer

PREPARING THE CHOCOLATE, FRUIT AND NUTS

Preheat the oven to 160°C. Place the nuts on a baking tray and roast in the oven for 10 minutes. Remove from the oven and allow to cool. Temper the chocolate (see technique on page 46). Spread the chocolate over an acetate sheet to make a 5 mm thick rectangle. Scatter the nuts and dried fruit over the chocolate.

MAKING THE WAVES

When the chocolate starts to set, place the acetate sheet over two rolling pins set on your work surface to create waves in the chocolate. Allow to set completely for 2 hours at 18°C. Carefully remove the acetate sheet. The Biarritz waves can be stored in an airtight container for about 1 month.



The waves of Biarritz are well known to surfers. These other Biarritz waves, well known to incorrigible gourmands, carry a crunchy tide of fruit and nuts in their chocolatey folds.



FANCY TRUFFLES

MAKES ABOUT 50



PREPARATION TIME 40 MINUTES

RESTING TIME 24 HOURS

COFFEE

240 g pouring (single) cream
12 g crushed whole coffee beans
475 g dark chocolate (70% cocoa),
chopped
15 g unsalted butter, softened
unsweetened cocoa powder, for coating

Put the cream in a saucepan and heat until just below boiling point. Remove from the heat, add the coffee beans and leave to infuse for 5 minutes. Strain the cream, gently reheat it and pour over 175 g of the chocolate in a bowl. Using a spatula, gently combine to emulsify the ganache, being careful not to incorporate any air. Add the butter and fold through to combine. Allow the ganache to set for 24 hours, at 18°C, if possible.

Shape the ganache into walnut-sized balls and set aside on a baking tray lined with baking paper. Temper the remaining chocolate (see technique on page 46). Dip each ball in the tempered chocolate to coat, then roll in the cocoa powder and shake the truffles to remove any excess.

CARAMEL

70 g sugar
190 g pouring (single) cream, heated
a pinch of salt
150 g good-quality milk cooking
chocolate, chopped
30 g unsalted butter, softened
400 g dark chocolate (70% cocoa),
chopped
unsweetened cocoa powder, for coating

Put the sugar in a saucepan and follow the cooking instructions on page 8 to make a dry caramel. Dilute the caramel by adding the warmed cream, then add the salt. Pour the caramel over the milk chocolate in a bowl. Using a spatula, gently combine to emulsify the ganache, being careful not to incorporate any air. Add the butter and fold through to combine. Allow the ganache to set for 24 hours, at 18°C, if possible.

Shape the ganache into walnut-sized balls and set aside on a baking tray lined with baking paper. Temper the dark chocolate (see technique on page 46). Dip each ball in the tempered chocolate to coat, then roll in the cocoa powder and shake the truffles to remove any excess.

MILK CHOCOLATE

150 g pouring (single) cream
250 g good-quality milk cooking
chocolate, chopped
30 g unsalted butter, softened
100 g crumbled Crêpe Dentelle biscuits
or other hard plain sweet biscuits,
for coating

Put the cream in a saucepan and heat until just below boiling point, then pour it over the milk chocolate in a bowl. Using a spatula, gently combine to emulsify the ganache, being careful not to incorporate any air — it should be smooth and shiny rather than foamy. Add the butter and fold through to combine. Allow the ganache to set for 24 hours, at 18°C, if possible.

Shape the ganache into walnut-sized balls and set aside on a baking tray lined with baking paper. Roll the truffles in the biscuit crumbs and shake the truffles to remove any excess.



STORAGE: Store the truffles in an airtight container for up to 10 days.





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And to all of our colleagues at À la Mère de Famille — thanks to you, she becomes more and more beautiful with each passing day ...

We dedicate this book to all of the customers of À la Mère de Famille. It is because of you that the adventure continues!



Family photo in front of the historic store.
June 2011.

STYLING SUPPLIES

Lanzani – 19 Rue Basfroi, 75011 Paris

Astier de Villatte – 173 Rue Saint-Honoré, 75001 Paris

Nathalie Lété designed the Tour Eiffel plate
for Astier de Villatte – page 175

Conran Shop – 117 Rue du Bac, 75007 Paris

Jeannine Cross – 11 Rue d'Assas, 75006 Paris

Marché Saint-Pierre – 2 Rue Charles Nodier, 75018 Paris

L'objet qui parle (antiques) – 86 Rue des Martyrs, 75009 Paris

La brocante d'Émilie – 22 Rue Hermel, 75018 Paris

Mora – 13 Rue Montmartre, 75001 Paris

Emery et cie – 18 Passage de la Main d'Or, 75011 Paris

À LA MÈRE DE FAMILLE GOURMET OUTLETS

Paris 9th: 35 Rue du Faubourg-Montmartre, tel. 01 47 70 83 69

Paris 6th: 39 Rue du Cherche-Midi, tel. 01 42 22 49 99

Paris 7th: 47 Rue Cler, tel. 01 45 55 29 74

Paris 16th: 59 Rue de la Pompe, tel. 01 45 04 73 19

Paris 17th: 30 Rue Legendre, tel. 01 47 63 52 94

Paris 17th: 107 Rue Jouffroy d'Abbans, tel. 01 47 63 15 15

Saint-Maur - 94100: 7 Avenue Charles de Gaulle,
tel. 01 42 83 81 49

Paris 2nd: 82 Rue Montorgueil, tel. 01 53 40 82 78

Printemps Haussman, Paris 9th: 64 Boulevard Haussmann,
tel. 01 42 82 49 56

To help you make these recipes, you can also find a selection of ingredients and tools on the site:

www.lameredefamille.com

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