

# HUGUENOT HOLIDAY RECIPES

2009



Poinsettia: Named for Joel R. Poinsett - Statesman, Botanist and Huguenot

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## Food and Wine Languedoc

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### Recipes for a Traditional Languedoc Christmas

#### Kir Royal, Oysters with Caviar and Blanquette Sabayon, Stuffed Turkey with Prunes and Dates, Chocolate and Chestnut Buche de Noel

Christmas dinner in the Languedoc is usually a traditional affair, the highlights of which are a starter of oysters, a delicious stuffed roast turkey and a yummy Buche de Noel (Christmas Yule Log) for desert. Have yourself a sumptuous festive feast, enjoying some of the region's favorite recipes which we have recreated here for you to follow!



Naturally the Buche de Noel is prepared in advance, the turkey will take approximately 45 minutes to prepare and 2 hours 30 minutes to cook, the oysters take very little cooking time and should be cooked just before serving, but they do need about 30 minutes to prepare, whilst the aperitif is to be served as soon as your guests arrive!

Bon appetit!

#### APERITIF: Kir Royal - per glass

##### ingredients:

- 1 cl Creme de Cassis
- 1 measure of Blanquette de Limoux sparkling wine

##### method:

- pour the creme de cassis into the bottom of a champagne flute, add the Blanquette, and serve immediately.

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#### ENTREE: Oysters with Caviar and Blanquette Sabayon - serves 6

##### ingredients:

- 18 oysters (triple zero if possible)
- 50g Beluga caviar
- 7 egg yolks
- 25 cl brut Blanquette de Limoux
- salt and pepper

##### method for the oysters:

- preheat the oven to 120 °C
- create a filter by placing a small length of muslin over a saucepan, then open the oysters over the filter so that the water they contain is collected in the saucepan without any impurities
- keep the oyster flesh in a bowl to one side
- thoroughly clean out the oyster shells and then choose 6 of the deepest and prettiest ones
- place the 6 shells in a flat dish and put the dish in the oven to warm up the shells
- remove the muslin from the saucepan, and heat the water from the oysters on the hob without allowing it to boil
- prepare a new dry piece of muslin
- using a perforated spoon, plunge each oyster one at a time in the hot water for a maximum of 20 seconds no more - heating them through but not cooking them!
- then delicately place the oysters onto the dry muslin to drain
- take the dish with the shells out of the oven and place it on a plate warmer
- place 3 oysters into each shell

##### method for the sabayon:

- take the water from the oysters and filter again through another piece of muslin
- boil a separate saucepan of water
- in a large bowl beat the egg yolks together, and then mix in the water from the oysters little by little
- place the bowl over over the saucepan of boiled water, and continue stir whilst mixing in the Blanquette little by little until the mixture thickens

##### presentation:

- using a ladle, pour the sabayon sauce over each oysters shell
- then, use a teaspoon to add a generous topping of caviar on top of each shell

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**LE PLAT: Stuffed Roast Turkey with Prunes and Dates - serves 8**

*ingredients:*

one 3.5kg turkey  
40g goose fat  
32 slices of bacon

the turkey's liver  
1 baguette  
500g sausage meat  
1 egg  
30g butter  
1 bouquet garni  
100g dried raisins  
1 glass of Port

24 prunes (3 per person)  
24 dates (3 per person)

*method for the stuffing:*

- in a bowl, soak the dried raisins in the Port
- take a saucepan and melt the butter, then add the liver and brown it on all sides
- remove the liver to one side
- in the same saucepan quickly fry the sausage meat and then take the saucepan off the heat
- in a new bowl, mix the sausage meat and the liver and then leave to cool
- take the baguette and crumble it into bread crumbs
- drain the raisins from the Port, taking care to reserve the Port to one side
- add the bread crumbs and raisins to the cooled sausage meat and liver, mix well and then add the bouquet garni, with a pinch of salt and pepper
- add the egg and mix all thoroughly

*method for the turkey:*

- preheat the oven to 200°C
- stuff the turkey with the premade stuffing
- sew up the turkey, and then attach 8 slices of bacon to the turkey using some of the goose fat to bard it.
- place the turkey in a pre-buttered baking pan and coat the turkey with the rest of the goose fat
- season with salt and pepper and place in the oven for 90 minutes, basting it regularly (if necessary add a bit of hot water to the juice to baste with)
- whilst the turkey is cooking prepare the dates and prunes by first removing their pips
- roll each date and each prune in a slice of bacon
- after the turkey has cooked for 90 minutes, remove it from the oven and remove the 8 slices of bacon that covered it
- return the turkey to the oven for 30 minutes, basting it regularly until the top is nicely and evenly browned
- remove the turkey from the oven, and add the dates and prunes to the pan all around the turkey
- reduce the heat to 170 °C, then return the turkey with its garnish to the oven for a further 25 minutes, basting regularly

*method for the sauce:*

- pour of the cooking juice from the turkey into a saucepan
- add to this the Port that you have reserved from before
- heat on the hob for about 2 minutes until it thickens

*presentation:*

- place the cooked turkey on a platter, surrounded by the bacon wrapped prunes and dates, with the Port sauce served separately
- accompany the turkey with pureed apples and pureed chestnuts

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**LE DESERT: Chocolate and Chestnut Buche de Noel - serves 8**

*ingredients:*

8 dessert spoons cocoa powder  
4 pinches of salt  
150g flour  
8 eggs  
225g powdered sugar  
10 to 12 drops of bitter almond flavour

4 dessert spoons of rum or Grand Marnier  
 4 teaspoons of powdered gelatine  
 250g dark chocolate (over 60% cocoa)  
 80g powdered sugar  
 4 level dessert spoons of confit chestnuts paste (pate de marrons confit)  
 250g full fat creme fraiche

cocoa powder

Christmas characters, ideally edible ones made from marzipan or icing sugar

*method for the cake:*

- preheat the oven to 200°C
- remove the baking tray from the oven, and place onto it some grease proof paper coated in a thin layer of butter and flour
- in a bowl sift together the flour, the cocoa powder and the salt
- in different bowls separate the egg yolks from the whites, then beat the egg whites until they fluff up but don't let them get too firm
- add 180g of the sugar to the egg whites and beat the mixture until it is firm
- then add the rest of the sugar to the egg yolks and beat until the mixture goes white and creamy
- add the almond extract and the flour mix to the egg yolk mix and blend carefully
- then slowly fold in the egg whites using a metal palette knife, taking care to keep it light and fluffy
- pour the mix onto the paper and use the palette to spread it over the paper in an even layer
- place in the oven for 12 minutes, the cake is ready when it starts to brown a little and small bubbles appear on the surface
- whilst the cake is in the oven prepare another grease proof paper onto which you spread a layer of icing sugar
- once the cake is cooked, take it out of the oven and immediately turn it over onto the new piece of paper
- remove the paper used to cook the cake, and then carefully roll up the cake keeping the new paper in place
- allow to cool completely on a grill

*method for the cream:*

- melt the chocolate using a bain-marie
- in a separate bowl mix the rum and gelatine, then add the melted chocolate to this
- in a separate bowl, beat together the chestnut paste and the powdered sugar
- add this to the chocolate mix, and then add the creme fraiche and mix thoroughly
- set the mix to one side for a while to rest

*create the buche de noel:*

- carefully unroll the cake, and remove the paper, cover the cake with about half of the cream mix and roll the cake up again
- place the cake on a platter and then cover it with the rest of the cream
- use a fork to give the cream the texture of a tree log, sift cocoa powder over the log and decorate with Christmas characters
- place the log in the fridge for 3 hours to set, and take it out of the fridge about an hour before serving.

Joyeuses Fetes!

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## RECIPES

## 1965: Huguenot Torte

By AMANDA HESSER  
Published: September 9, 2009

*This recipe from "The First Ladies Cook Book" appeared in The Times in an article by Craig Claiborne. The original recipe said that the torte could be served warm or chilled. I like it best warm and cut into squares. The torte has so much sticky sugar in it that when it's cold you have to do battle to cut it. Either way, I suggest adding little or no sugar to the accompanying whipped cream. In fact, I'd fold in some crème fraîche.*

2 eggs

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Torte, 1965 (September 13, 2009)

1/2 teaspoon salt

1 1/2 cups sugar

1 cup peeled and chopped tart cooking apples

1 cup coarsely chopped pecans

1 teaspoon vanilla

4 tablespoons all-purpose flour

2 1/2 teaspoons baking powder

1 cup whipped cream, barely sweetened and flavored with 1 teaspoon almond extract.

1. Preheat the oven to 325 degrees.

2. Beat the eggs and salt with a rotary beater until light and fluffy. Gradually beat in the sugar.

3. Fold in the apples and pecans with a whisk. Add the vanilla, flour and baking powder. Pour into a well-greased baking pan about 8-by-12 or 9-by-9 inches and at least 2 inches deep. Bake for 45 minutes, until sunken and crusty. Serve warm or chilled, with whipped cream. *Serves 8.*

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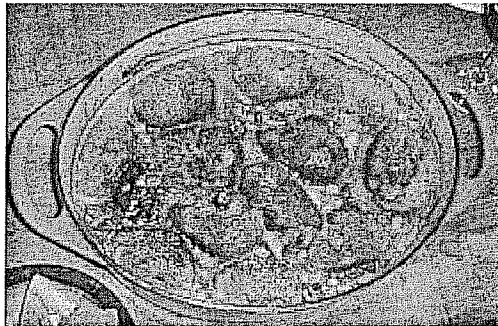
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## The only Cassoulet recipe you'll ever need!?

Gemma Driver gives you her version of this Audois classic

Easy Cassoulet

Why does everyone make such a big deal about cassoulet and which is the best complicated cooking method? It is simple peasant fayre, and you will get similar results from cooking it in various ways. Perhaps creating this bean and meat casserole was traditionally such an occasion because the ingredients were precious and the most had to be made out of them. By 'most' I mean quantity and calories. Having said all that, cassoulet can be a tasty and comforting winter meal, and definitely worth trying.



To feed 2, (to bursting point) you will need:

- 1 tin of haricot blanc/coco beans (or the equivalent quantity of dried beans, which have been soaked and boiled with herbs, garlic and onion until soft. I use the dried version because of the taste they get from cooking in the flavoured water, but this is a lot more hassle than opening a tin!).
- Either a cast iron casserole pot (e.g. 'Le Creuset'), or a frying pan and a glass or ceramic casserole pot. The advantage of the cast iron option is that you can do all the cooking in the one pot.
- 2 Toulouse or other coarse sausages.
- 2 strips of pork belly, 0.5-1cm thick.
- 2 duck legs, cooked (Ideally 'confitted' - cooked in duck fat for a couple of hours - but fried or roasted is fine).
- 1 onion, finely chopped.
- 2 cloves of garlic, crushed.
- A good dollop of tomato purée or 3 fresh tomatoes, chopped.
- Olive oil, butter and/or a little duck fat.
- A pint of water or, preferably, chicken stock.

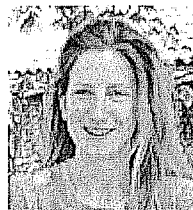
What to do:

The key to my easy cassoulet is not lots of stages and processes, but to cook it for long enough for the liquid and fat to emulsify completely, and a crispy crust has formed.

- In either the cast iron pot or a frying pan, heat a couple of glugs of olive oil with a nugget of butter and/or a nugget of duck fat.
- Fry the sausages and pork (and duck if you haven't already cooked it and if you want extra duck fat).
- Take the meat out, and gently fry the onions until they are soft.
- Stir in the tomatoes or purée and the garlic. You could add a glug of white wine at this point. (If you are using a frying pan, now put it's contents into the casserole dish.)
- Put the meat in the pot, pour in all the beans, top up with the water or stock, to just cover the other ingredients.
- Lid on, cook the stew in a medium oven for at least 1 hour. Stir it occasionally and top up with water or stock to keep it moist. When the cassoulet is cooked, it should not have any see-through liquid coming out of it, but everything should be coated in creamy goodness. Generously season according to your taste, and put back in a hot oven, uncovered, for 10 - 20 minutes, until a crispy crust has formed.
- Serve with a green salad and a crisp white wine or strong red. And crusty french bread, if you can handle more food.

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To read more of Gemma's thoughts on all things culinary ckeck out her website [The Gastropod](#)



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