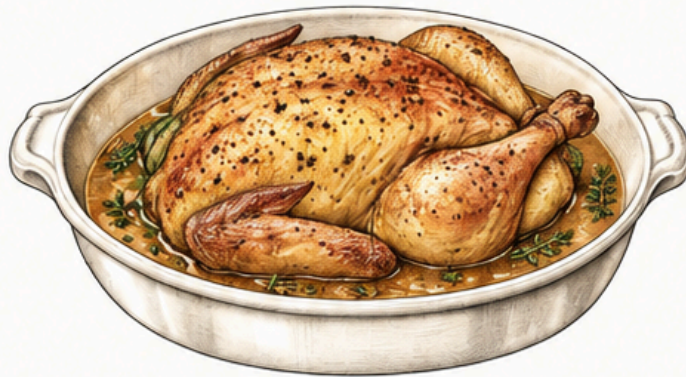


FONDFOLK

FOND

50 French classics from sauce to dessert



SAMPLE EDITION

Browning and sauce basics

Browning begins with a reasonably dry surface. Pat meat or fish dry, heat the pan as directed and add the specified fat. Once the food is in place, give it time to colour before moving it. On stainless steel, a formed crust usually releases more readily than a pale surface. Reduce the heat if the pan residue darkens faster than the food cooks. A brown crust is a flavour cue, not proof that the centre has reached the recipe's safe temperature.

Look at the pan after lifting out the food. The golden to deep-brown residue is useful fond; blackened patches and an acrid smell indicate burning. Do not build a sauce on burnt residue. Pour off excess fat as directed, then add the measured deglazing liquid. Remove the pan from the flame before adding wine or spirits, and pour from a small jug rather than the bottle. Return to the heat and loosen the browned bits with a wooden spoon or suitable spatula.

Reduction means allowing water to evaporate so the remaining liquid becomes more concentrated. Watch both volume and texture. A broad pan reduces faster than a narrow saucepan, and a strong simmer works faster than a quiet one. As the quantity shrinks, check more frequently. If a sauce becomes too thick or intense, a small addition of water or the recipe's unsalted liquid may restore its balance. Further reduction cannot correct excessive saltiness. Adjust final seasoning once the sauce has reached its intended consistency.

Roux and butter emulsions need different treatment. Cook a flour-and-butter roux as directed, then incorporate its liquid gradually and simmer for the stated time. For *beurre blanc*, add cold butter in small portions over very gentle heat, moving the pan off the burner when necessary. For *hollandaise* and *béarnaise*, follow the recipe's warm-butter method. These finished emulsions should not boil. Have the rest of the meal ready so a delicate butter sauce can go directly to the table.

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SAUCES S01

Beurre Blanc

About 220 ml; 4 generous or 6 smaller portions | Prep 5 min | Cook 30 min

Total time: about 35 minutes; serve as soon as the butter is incorporated.

Make just before serving.

Equipment: Small heavy saucepan; Small whisk; Fine sieve; Measuring jug

This pale butter sauce balances richness with a clean wine-and-vinegar reduction. It is particularly good with simply cooked white fish, where its gentle acidity can stand out.

INGREDIENTS

100 ml dry white wine

50 ml white wine vinegar

30 g shallot, finely chopped

200 g cold unsalted butter, cut into small cubes

Fine salt and ground white pepper, to taste

Up to 15 ml water (1 tablespoon), if needed

METHOD

1. Put the wine, vinegar and shallot in the saucepan. Simmer over medium heat until only about 30 ml (2 tablespoons) of liquid remains, checking frequently as the pan begins to dry. This may take 8–12 minutes.
2. Strain into the jug, pressing the shallot lightly. Measure 15 ml (1 tablespoon) of the reduction back into the saucepan; keep any remainder for seasoning. If less than 15 ml remains, add enough water to reach that amount.
3. Set the pan over the lowest heat. Whisk in two cubes of butter. When they form a creamy liquid, add the next two cubes. Continue in small additions, keeping the rest of the butter cold until needed.
4. Keep the sauce warm enough to soften the butter but never simmering. Lift the pan off the heat whenever the butter melts rapidly. If oily streaks appear, stop adding butter, remove the pan from the heat and whisk in 5 ml (1 teaspoon) cool water before continuing.
5. Once all the butter is incorporated, season sparingly with salt and white pepper. Add reserved reduction a few drops at a time if the sauce needs more sharpness. It should pour slowly from a spoon; loosen with a little water if necessary, then serve immediately.

Cooking note. The reduction supplies the small amount of water needed to form the emulsion. Gentle heat and gradual butter additions matter more than vigorous boiling; boiling can separate the sauce.

Serve with. Poached sole; Pan-fried cod; Steamed asparagus.

SIDES A01

Pommes Anna

Serves 4 as a side | Prep 25 min | Cook 60 min

Total time: about 1 hour 30 minutes, including 5 minutes resting. Heat the oven while slicing and layering the potatoes.

5 minutes resting

Equipment: 24 cm heavy ovenproof frying pan; Mandoline with hand guard or sharp knife; Baking parchment and foil; Flat serving plate wider than the pan

Thin potato slices and butter become a golden cake with crisp edges and a yielding centre. Bring it to the table whole and cut generous wedges beside a steak or roast chicken.

INGREDIENTS

900 g peeled Maris Piper or similar floury potatoes

100 g clarified butter, melted (about 7 tbsp)

4 g fine salt (about $\frac{2}{3}$ tsp)

$\frac{1}{4}$ tsp freshly ground white pepper

METHOD

1. Heat the oven to 200°C, or 180°C fan. Cut the potatoes into even 2 mm slices. Do not rinse: their surface starch helps the layers hold together. Pat away any visible moisture.
2. Brush the pan base and sides with 20 g of the butter. Arrange a neat overlapping layer of potatoes across the base. Continue layering, brushing with butter and scattering salt and pepper between layers; reserve 10 g butter for the top.
3. Press the potatoes firmly with a spatula and brush with the reserved butter. Place over medium heat for 5 minutes, until you hear a steady, gentle sizzle; do not let the base smoke.
4. Cover the potatoes with parchment, then seal the pan with foil. Bake for 30 minutes. Remove both coverings and bake for 20–25 minutes more, until a thin knife passes easily through the centre and the edges are golden.
5. Rest for 5 minutes. Loosen the sides and base with a flexible spatula. Wearing oven gloves, secure the serving plate over the pan and carefully invert. Cut into wedges and serve immediately.

Cooking note. This begins on the hob and finishes in the oven. Consistent slices and firm layers matter more than an elaborate arrangement.

Serve with. Steak au poivre; Roast chicken; Duck breast.

Chicken Fricassée

4 servings | Prep 20 min | Cook 75 min

Total time: about 1 hour 40 minutes, including browning the chicken in two batches and finishing the sauce.

Equipment: 32 cm (12½-inch) deep sauté pan or shallow braiser, approximately 5 litres, with lid; Instant-read thermometer; Large plate

Chicken, mushrooms and small onions settle into a pale white-wine sauce, softened with cream. Serve with buttery potatoes.

INGREDIENTS

1.4 kg bone-in, skin-on chicken thighs and drumsticks, about 8 medium pieces
 8 g fine salt (about 1¼ tsp), plus more to taste
 ¼ tsp ground white or black pepper
 45 g unsalted butter (3 tbsp)
 180 g peeled small shallots, halved lengthwise
 250 g button mushrooms, halved
 25 g plain flour (3 tbsp)
 180 ml dry white wine (¾ cup)
 350 ml unsalted chicken stock
 3 thyme sprigs
 1 bay leaf
 150 ml heavy cream
 10 ml lemon juice (2 tsp)
 10 g flat-leaf parsley, chopped

METHOD

1. Pat the chicken dry and season. Melt 30 g butter over medium heat. Cook the chicken in two batches, about 8 minutes each, turning once. Aim for light colouring, without a dark crust. Transfer to a plate.
2. Add the remaining butter, shallots and mushrooms. Cook for 7–9 minutes, stirring, until the shallots soften and the mushrooms lose their raw appearance.
3. Sprinkle in the flour and stir for 1 minute. Gradually add the wine, scraping the pan, then stir in the stock. Add thyme and bay and bring to a gentle simmer.
4. Return the chicken and its collected juices, arranging the pieces in one layer. Cover, reduce the heat and simmer gently for 25 minutes. Turn the pieces once halfway through.
5. Uncover and simmer for 10–15 minutes more. Check several pieces away from bone: each must reach 74°C/165°F. Continue cooking any pieces below this temperature.
6. Lift out the chicken and discard the herb stems and bay. Stir in the cream and simmer gently for 4–6 minutes, until the sauce lightly coats a spoon. Add lemon juice and adjust seasoning.
7. Return the chicken briefly to the sauce, spooning it over the pieces. Scatter with parsley and serve with the sauce generously ladled alongside.

Cooking note. Gentle simmering keeps the chicken intact and the sauce smooth. The flour thickens the sauce before the cream is added.

Serve with. Buttery mashed potatoes; Steamed green beans.

DESSERTS D01

Vanilla Crème Brûlée

6 individual custards | Prep 20 min | Cook 40 min

Total time: at least 5 hours 45 minutes, including 30 minutes initial cooling, at least 4 hours chilling, and time to caramelize and set the tops before serving.

30 minutes initial cooling, then at least 4 hours chilling

Equipment: 6 shallow 150 ml ovenproof ramekins, approximately 9 cm wide; Deep roasting pan; Saucepan; Fine sieve; Kitchen blowtorch; Thin-tip instant-read thermometer

A thin caramel crust gives way to cool vanilla custard. Make the custards ahead, then finish the sugar just before bringing them to the table.

INGREDIENTS

500 ml heavy cream, 35–40% fat

100 ml whole milk

1 vanilla pod

6 large egg yolks, about 105 g

60 g caster sugar, plus 30 g for the tops

1 small pinch fine salt

METHOD

1. Heat a conventional oven to 150°C/300°F, or 130°C fan. Arrange the ramekins in a deep roasting pan and put a kettle on to boil. Split the vanilla pod lengthwise and scrape out its seeds.
2. Put the cream, milk, vanilla seeds and pod in a saucepan. Warm until steaming with small bubbles around the edge; do not let it boil vigorously. Remove from the heat and leave for 5 minutes.
3. Stir the yolks, 60 g sugar and salt together in a bowl until smooth, without whipping in much air. Pour in the warm cream gradually, stirring continuously. Remove the pod, strain into a jug and skim away surface foam.
4. Divide between the ramekins. Set the roasting pan on the oven shelf, then carefully pour hot water into the pan until it reaches halfway up their sides. Keep water out of the custard.
5. Bake for 30–40 minutes, checking the centre with a thin probe thermometer for at least 71°C/160°F. The edges should be set and the centres should tremble gently when nudged, rather than slosh. If needed, continue baking gently until both checks are met. Lift the ramekins out of the water and cool on a rack for about 30 minutes.
6. Refrigerate for at least 4 hours, covering once cold. Before serving, blot any condensation from the surface and sprinkle each custard evenly with 5 g sugar, about 1 teaspoon.
7. On a heatproof surface, pass a kitchen blowtorch steadily across each top until the sugar melts and turns amber. Keep the flame moving. Leave for 2–3 minutes so the crust hardens, then serve.

Cooking note. Shallow, equally sized dishes give a more even set and a generous caramel surface. Remove them once the temperature check is met while the centres still move slightly.

Serve with. A few fresh raspberries, optional.