

FONDFOLK

ONE MORE SPOONFUL

30 indulgent classics for the last course



SAMPLE EDITION

Before You Begin



Choose a dessert by its whole schedule. A custard may need little active work but several hours to chill; a layered pastry needs separate periods for baking, cooling and assembly. Read the complete recipe, including its storage note, before shopping. Identify anything that must be cold, softened, drained or prepared ahead. Work back from serving time and leave room for the stated cooling and setting periods.

Set out the specified tin, moulds or ramekins before measuring ingredients. Their dimensions affect depth, baking time and the finished shape. Measure across the inside of a tin and check its depth as well as its diameter. When portioning individual desserts, use matching vessels. Changing the size of a recipe or its container can change its behaviour; the original baking time is then only a guide.

A digital scale, measuring jug and proper measuring spoons cover most quantities. Keep a whisk, flexible spatula, fine sieve, rolling pin, cooling rack and several mixing bowls nearby. A heavy saucepan with a pale interior makes caramel colour easier to see. An electric hand mixer helps with cream and egg whites; a piping bag is useful for choux. Use a food thermometer for the temperatures specified in the recipes, and an appliance thermometer to check the refrigerator.

Before heating sugar or dairy, have dry oven gloves, a heatproof resting place and the next vessel ready. Group measured ingredients by recipe component. Clear refrigerator space. Read texture and colour cues alongside the clock, while still meeting any required cooking temperature. Check utensils are suitable for the heat involved.

Recipe contents

Custards and spoon desserts

- D01 Vanilla Crème Brûlée
- D02 Caramel Custard
- D03 Vanilla Panna Cotta
- D04 Chocolate Custard Pots
- D05 Lemon Posset
- D06 Dark Chocolate Mousse

Chocolate cakes

- D07 Molten Chocolate Fondants
- D08 Flourless Chocolate Cake
- D09 Chocolate Soufflé
- D10 Opera Cake

Tarts

- D11 Caramelized Apple Tarte Tatin
- D12 French Lemon Tart
- D13 Pear and Almond Tart
- D14 Dark Chocolate Tart

Recipe contents

Pâtisserie

- D15 Vanilla Mille-Feuille
- D16 Chocolate Éclairs
- D17 Praline Paris-Brest
- D18 Profiteroles with Chocolate Sauce
- D19 Saint-Honoré
- D20 French Strawberry Cream Cake (Fraisier)

Celebration desserts

- D21 Classic Tiramisu
- D22 New York Cheesecake
- D23 Pavlova with Cream and Berries
- D24 Black Forest Cake

Warm and fruit desserts

- D25 Floating Islands
- D26 Sticky Toffee Pudding
- D27 Bread and Butter Pudding
- D28 Crêpes Suzette
- D29 Pears Belle-Hélène
- D30 Peach Melba

Lemon Posset

6 small glasses | Prep 15 min | Cook 10 min

Total time: at least 7 hours 10 minutes, including 10 minutes infusing, up to 30 minutes cooling and at least 6 hours chilling.

10 minutes infusing, 20–30 minutes cooling, then at least 6 hours chilling

Equipment: 6 heatproof serving glasses or small bowls, 150 ml each; Heavy saucepan, at least 2.5 litres; Fine grater, citrus juicer and fine sieve; 1 litre measuring jug; Timer

Lemon turns sweetened cream into a smooth, spoonable pudding without eggs or gelatine. The clean citrus flavour suits a modest portion: a little glass is enough to give the cream its proper richness without overwhelming the end of a meal.

Ingredients

600 ml double cream, approximately 45–48% fat

180 g caster sugar

Finely grated zest of 1 unwaxed lemon

75 ml freshly squeezed lemon juice (5 tablespoons), from approximately 2–3 lemons

Method

1. Set the glasses on a tray that will fit in the refrigerator. Wash and dry the lemons. Grate the yellow zest finely, stopping before the bitter white pith, then juice the fruit. Strain and measure exactly 75 ml juice; the number of lemons is only a shopping guide.
2. Put the cream and sugar in the saucepan. The pan should have plenty of empty space because hot cream rises quickly. Warm over medium-low heat for about 5–7 minutes, stirring across the base and into the corners until the sugar has completely dissolved.
3. Increase the heat until the cream reaches a steady boil across the surface. Start the timer now and boil gently for 3 minutes, stirring often. Adjust the heat to keep it bubbling without climbing the sides. Watch continuously; if it rises, lift the pan briefly off the heat until the foam falls.
4. Remove the pan from the heat. Stir in the measured lemon juice in a thin stream, followed by the zest. Mix thoroughly but do not whisk air into the cream. Leave for 10 minutes so the zest can infuse. The mixture may thicken slightly but will still look pourable; the full set develops as it chills.
5. Strain into the jug, letting the cream drain through without rubbing the zest into it. Divide evenly between the glasses, approximately 120–130 ml per portion. Leave a little space below the rims. If bubbles remain, lift them off gently with the edge of a spoon.
6. Cool on the tray for 20–30 minutes, then refrigerate, covering once cold. Chill undisturbed for at least 6 hours or overnight. The surface should remain level when a glass is tilted slightly, and a spoon should draw through a smooth, softly set cream. Do not stir the portions once they have set.
7. Serve directly from the refrigerator. Keep covered at 4°C/40°F or below and use within 3 days. Refrigerate within 2 hours of cooking and return any unserved portions promptly. Do not freeze: thawing can leave the cream grainy or release liquid.

Cooking note. Use the specified double cream and measure the lemon juice. Lighter dairy changes both the richness and setting behaviour. Boiling the sweetened cream before adding the acid is part of the method, while the final refrigeration supplies the firm, smooth finish.

Serve with. Serve plain in its glass.

Chocolate Éclairs

12 éclairs, approximately 12 cm long | Prep 60 min | Cook 65 min

Total time: about 3 hours 30 minutes. Make the filling first, then make, bake and cool the shells during its 2-hour chill; allow 30 minutes chilling after filling and glazing.

At least 2 hours filling chilling; 30 minutes shell cooling; 30 minutes chilling after glazing

Equipment: Baking sheet with a usable flat surface at least 40 × 30 cm; Baking parchment; Saucepan and heatproof bowls; Whisk and wooden spoon; Piping bags with 20 mm and 6 mm plain nozzles; Shallow dish; Wire rack

A well-dried choux shell carries smooth chocolate pastry cream and a glossy chocolate finish. Filling from underneath leaves the shape intact and gives a neat first bite.

Ingredients

Choux: 100 ml water; 100 ml whole milk; 80 g unsalted butter, cubed

Choux: 120 g plain all-purpose flour; 4 g caster sugar; 2 g fine salt

Choux: 225 g beaten whole egg at room temperature; add only as needed, usually about 180 to 210 g

Chocolate cream: 400 ml whole milk; 80 g egg yolks; 70 g caster sugar; 35 g cornflour (cornstarch)

Chocolate cream: 100 g dark chocolate, 60–70% cocoa, finely chopped; 20 g unsalted butter; 1 small pinch fine salt

Glaze: 120 g dark chocolate, finely chopped; 100 ml heavy cream, 35–40% fat; 15 g unsalted butter

Method

1. For the filling, heat the 400 ml milk until steaming. Whisk the yolks, 70 g sugar, cornflour and salt in a bowl. Gradually whisk in half the milk, return everything to the pan and cook over medium heat, whisking continuously. Once the whole mixture bubbles thickly, cook for 1 full minute while whisking.
2. Remove from the heat and stir in the filling chocolate and 20 g butter until smooth. Spread in a shallow dish, cover the surface directly and refrigerate promptly for at least 2 hours, until cold. Do not leave the thick cream cooling in a deep saucepan.
3. Heat the oven to 200°C, or 180°C fan. Line the baking sheet. For the choux, put water, milk, butter, 4 g sugar and 2 g salt in a saucepan. Heat gently until the butter melts, then bring just to the boil. Remove from the heat, add all the flour and beat firmly until no dry flour remains.
4. Return to medium-low heat and stir for 2 minutes, pressing and turning the paste until it forms a smooth ball and leaves a light film on the pan. Transfer to a bowl and stir for 3–5 minutes, until warm rather than hot.
5. Beat in 150 g of the measured egg in several additions, completely incorporating each. Add more a little at a time until the paste is glossy and falls slowly from the spoon in a thick V. It must hold a piped ridge, not run flat. Do not add the remaining egg automatically.
6. With the 20 mm nozzle, pipe twelve equal 12 cm lengths in two rows of six, dividing the prepared paste evenly. Keep the lengths parallel to the tray's 30 cm side, with a 3 cm gap between rows. Smooth sharp ends with a damp fingertip.
7. Bake for 15 minutes, then reduce to 180°C, or 160°C fan, without opening the door. Continue for 20–25 minutes, until deeply golden and firm; do not open during the first 30 minutes. Pierce each shell underneath, lower the oven to 160°C, or 140°C fan, and dry for 5 to 8 minutes. Cool completely on a rack.

8. For the glaze, heat the cream until steaming and pour it over its chopped chocolate. Rest for 2 minutes, stir smooth, then mix in the 15 g butter. Leave until thick enough to coat a spoon but still fluid.

9. Beat the cold filling briefly until smooth and place in a bag with the small nozzle. Make three small holes underneath each shell. Divide the prepared filling evenly among the twelve éclairs, piping into each section until evenly filled. Stop before a shell splits and serve any surplus filling alongside.

10. Dip only the top of each éclair into the glaze, lift and let excess fall back into the bowl. Place upright and refrigerate for 30 minutes. Serve the same day for the best shell texture. Keep covered at 4°C/40°F or below and use within two days.

Cooking note. The final egg quantity depends on flour absorption and how much moisture leaves the pan. The spoon test controls that variation; a fixed egg count cannot. Fill only cold, fully dried shells.

Serve with. Espresso; Tea.

First recipes to try

Begin with one dessert at a time and allow its full cooling or chilling schedule. This route builds from a short stovetop preparation to baking, custards and caramel; it is not a single menu.

Elapsed time includes preparation, cooking and mandatory resting, cooling, chilling and final assembly. Where tasks overlap, follow the sequence described. Ingredients listed ready-made or thawed must be ready to use; pastry thawing and making bought ice cream from scratch are not included. Allow longer whenever a component has not reached its stated temperature, texture or set.

Lemon Posset D05. Four ingredients and a short, carefully watched cream boil introduce measuring and a chilled set; use the specified double cream.

Pears Belle-Hélène D29. Learn to poach fruit to tenderness, then pair it with a simple chocolate sauce and bought ice cream.

Bread and Butter Pudding D27. Practise warming dairy, combining a custard and checking a gently set baked pudding.

Sticky Toffee Pudding D26. Move to creaming butter and sugar, folding a sponge and making a sauce while it bakes.

Chocolate Custard Pots D04. Build control with a water bath, a temperature check and soft whipped cream.

Caramelized Apple Tarte Tatin D11. Finish with a more demanding classic: judge caramel, handle hot pastry safely and turn out the rested tart.