



*J'adore Lyon by
Shopaholicfromhome*

Lyon, 2015

Mini Lyonnais Cookbook



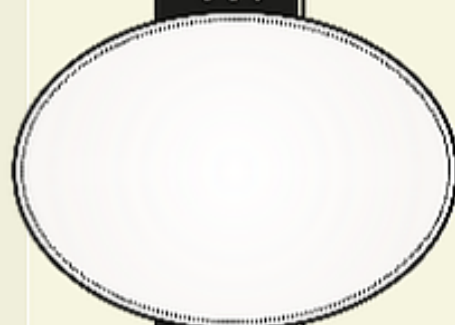
by Shopaholicfromhome

Entrée

Plat Principal

Dessert

à la lyonnaise façon



Entrée

1. Salade de groin d'âne
2. Soupe à l'oignon lyonnaise
3. Gougères au fromage
4. Cerveille de canut
5. Salade lyonnaise

Plat Principal

6. Poulet au vinaigre à la lyonnaise
7. Quenelle lyonnaise
8. Gâteau de foie de volaille
9. Gratin dauphinois
10. Coq au vin
11. Saucisson brioché à la lyonnaise
12. Boeuf bourguignon
13. Foie de veau à la lyonnaise
14. Tablier de sapeur
15. Andouillette à la lyonnaise

Dessert

16. Brioche aux pralines roses
17. Tarte aux pralines
18. Bugnes lyonnaises
19. Matefaim lyonnais aux pommes
20. Beignets de fleurs d'acacia

My recipe

Ingredients

4 eggs
200g smoked bacon
400 g of dandelions
4 slices of bread a little stale
oil
red wine vinegar
mustard

Preparation

Sort, wash the dandelions with the water and vinegar. Prepare vinaigrette dressing with the mustard. Cut the bacon into slices. Brown it by frying in a pan. Prepare croutons and fry them in the same pan in the fat which you got from the bacon. Hard boil the eggs, cut them into halves. On the plate, arrange the dandelions seasoned with the dressing, spread on warm bacon and croutons, add still hard boiled eggs halves.

Total time
needed:
30 mins;
Servings: 4

Salade de groin d'âne Donkey Snout Salad




STARTER

Lyonnais Cookbook

by Shopaholicfromhome

J'adore Lyon

My recipe

Ingredients

1.2 kg of large onions
50 g duck fat
150 ml chicken broth
100 g of Beaufort cheese
salt, pepper

Preparation

Peel the onions, chop them finely. Heat the duck fat in a frying pan. Add the onions. Keep them cover in such heat for 30 minutes, stirring. Add the chicken stock and simmer for 15 minutes. Remove half the onions. Pour remaining mixture into the bowl. Mix until it becomes a creamy soup. Adjust the seasoning. Pour the soup into a soup dish and add onions aside with the strips of Beaufort cheese. Serve warm.

Total time
needed: 65
mins;
Servings: 4

Soupe à l'oignon Lyonnaise Onion Soup




STARTER

My recipe

Ingredients

250 ml water
4 eggs (+ 1 yolk)
150 g comté cheese, grated
150 g white flour
75 g butter
1 tbs thyme, finely chopped; nutmeg
1/2 tsp salt; pepper

Preparation

Mix water and butter in a pot and bring to a boil, add salt. Remove from stove and add flour all at once. Mix well, then place back on low temperature while stirring fast until the dough does not stick to the sides of the pot. The, let it coo, add eggs, one at a time. Mix well until the mixture becomes smooth. Add cheese, thyme, nutmeg and pepper. Butter a tray, using two teaspoons create big walnuts size little piles. Brush them with beaten yolk. Cook in an oven at 200 degrees for about 20-30 mins.

Total time
needed:
45 min;
Servings: 6

Gougères au fromage French Cheese Puffs



STARTER

My recipe

Ingredients

250g fromage blanc or from age frais
2 tablespoons creme fraiche
1 tablespoon white wine vinegar
2 tablespoons olive oil
1 tablespoon chopped fresh tarragon
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh chervil
1 shallot, finely chopped
1 clove garlic, finely chopped
sea salt and black pepper

Preparation

Combine the fromage blanc, creme fraiche, vinegar and oil. Whisk till smooth. Stir in the herbs, shallot, garlic and seasoning. Chill for 2 to 3 hours before serving.

Total time
needed:
10 min;
Servings: 6

Cervelle de canut Silk workers brain




STARTER

My recipe

Ingredients

20 ml white wine vinegar; 500 ml cold water
4 medium eggs
300 g smoked bacon (cubes, slices)
80 g croutons, toasted
50 g pork scratchings, chopped
10 g frisee lettuce, 10 g lamb's lettuce; 10 g escarole
1 tsp chives; 2 g chervil; 3 tarragon leaves, chopped
20 g Dijon mustard
15 ml white wine vinegar; 5 ml water
45 ml extra virgin oil
10 g French shallot, finely chopped
1/4 garlic clove, finely diced, salt, pepper

Preparation

Dressing: combine mustard, vinegar and the water. Add oil. Season with salt, pepper, then add the shallot and garlic..
Make the poach eggs. Bake sliced bacon for 12 mins, fry diced bacon. Combine ingredients in a bowl. Drizzle over dressing, then add the bacon, croutons, place poached eggs and scatter around pork scratching's.

Total time
needed:
45 min;
Servings: 4

Salade Lyonnaise Salad Lyonnais




STARTER

My recipe

Ingredients:

3 tbsp extra-virgin olive oil
 1.8 kg chicken, cut into 10 pieces
 3 tbsp unsalted butter
 12 large garlic cloves, unpeeled; 1 bay leaf, salt, pepper
 1 cup Banyuls vinegar or red wine vinegar
 500 ml of chicken stock
 50 ml of crème fraîche

Preparation:

In a deep pan, heat the oil. Season the chicken with salt, pepper, add to the pan and cook over until browned. Add the butter and swirl to coat the chicken. Turn the chicken skin side up and add the garlic, bay leaf. Transfer the pan to the oven and bake for 8 mins, until the breast pieces are white. Transfer them to a plate. Add the vinegar to the pan, return to the oven and bake the remaining chicken, basting a few times, 15 mins longer. Transfer the chicken and garlic to the plate. Add the chicken stock to the pan and boil, scraping up the browned bits, until reduced to 300 ml. Whisk in the crème fraîche and the remaining 2 tbsp of butter. Return the chicken to the pan. Simmer until the sauce thickens and the chicken is heated, about 3 mins. Season with salt, pepper. Serve with the Herbed Steamed Rice.

Total time
 needed:
 1 hour;
 Servings: 4

Poulet au vinaigre Chicken with vinegar



MAIN
 COURSE

My recipe

Ingredients:

125ml Milk
2 tbsp of butter
2 eggs yolks
70g flour type 55
250g of minced, white fish, chicken
1 egg white

Preparation:

First make the "Panade" (white sauce) by bringing the milk and butter to a boil. Mix the egg yolks and flour together, then add this to the milk and whisk until it becomes a thick solid. Let this rest while you prepare the fish. Chop fish, add to a processor. Blitz with the egg white until well combined, to get a perfectly smooth quenelle. This mix needs to be sieved. Add the fish back to the processor and slowly, bit by bit, add the panade to combine it all. Season with salt, pepper and a little nutmeg. Set aside in the fridge and rest for minimum one hour. Take two large spoons and make your quenelles of the fish mousse. Poach these in lightly simmering water, for 6-8mins. They will float on the top and so need turning every 90secs or so. Put them in an oven proof bowl, and pour over enough sauce to come halfway up. Bake in the oven 180°C for 10 mins.

Total time
needed:
1 hour;
Servings: 4

Quenelle lyonnaise



MAIN
COURSE

Total time
needed:
70 mins;
Servings: 6

My recipe

Ingredients

For the cake:

10 crackers
2 chicken livers
3 eggs; 1 onion
1 bunch parsley; salt and pepper
about 2 glasses of milk

For the sauce:

30 g butter; 2 tbsp flour
1 glass of milk; salt, pepper, nutmeg
1 small can of concentrated tomato
1 medium box of Paris mushrooms (230 g)
100 g of green olives

Preparation:

Preheat oven to 230 ° C. Use the mixer robot to crush and mix the crackers, chicken livers, eggs, onion, parsley, gradually adding the milk until a mixture neither too liquid nor too thick and not too chopped. Add salt and pepper. Put the mixture in a buttered baking dish, and bake at 35 to 40 mins.. For the white sauce mix well the butter, flour, milk, nutmeg, salt and pepper, add the concentrated tomato. Mix well to obtain an orange colour sauce. Finally, mushrooms and green olives.

Gâteau de foie de volaille Chicken liver cake



MAIN
COURSE

Ingredients:

600 g oven potatoes
1 tbsp unsalted butter
200 ml heavy cream
2 big garlic cloves, peeled
1 rosemary sprig
nutmeg; pepper; salt

Preparation:

Peel the potatoes and rinse them well. Slice them finely using a mandoline slicer. Add the butter to a saucepan and place it over medium-high heat to melt. Then pour in the heavy cream. Once the butter and cream are gently boiling, stir well and add the peeled whole garlic cloves and fresh rosemary sprig. Season the cream with a good dash of pepper, salt and nutmeg. Turn the heat low and simmer the buttery cream for about 5 mins. Take the pan off the heat and let the garlic and rosemary rest in it for 10 mins. Butter a ceramic baking dish. Layer the sliced potatoes in the dish and season with extra pepper, salt. Pour the warm buttery cream over the potatoes. Cover the baking dish with a sheet of tinfoil. Bake at 200°C for 50 mins. Remove the tinfoil and brown the potatoes under a hot grill for another 5 minutes until nicely golden.

My recipe

Total time
needed:
85 mins;
Servings: 6

Gratin Dauphinois Dauphinois Potatoes



MAIN
COURSE

My recipe

Ingredients

1 tbsp oil
 2kg whole free range chicken, cut into pieces
 30g fresh parsley, minced; 2 fresh bay leaves
 10 fresh thyme sprigs, leaves only
 2 fresh rosemary sprigs, leaves only
 2 tablespoons fresh basil, minced
 2 tablespoons fresh chervil, minced
 5 carrots, sliced
 400 g small onions (pearl onions), peeled
 3 garlic cloves, minced; salt and pepper
 1 bottle of Burgundy wine

Preparation

Preheat oven to 170 C. Add a tbsp of oil in the frying pan, add the chicken and cook over high heat for 5 minutes or until brown. In a baking dish, add the chicken and sprinkle with the herbs, season with salt and the pepper. Add the carrots, whole onions and garlic around the chicken and pour the wine over the chicken. Cover with aluminium foil and bake in the oven for 90 mins. Check the chicken from time to time and remove the aluminium foil 15 minutes before the end.

Total time
 needed:
 2 hours;
 Servings: 6

Coq au Vin



MAIN
 COURSE

My recipe

Ingredients:

1 Lyon sausage (pistachios or kind)
1 onion
2 bay leaves
200 g flour
1 packet of yeast (baker if possible)
15 grams of sugar
2 eggs
80 g butter cream
3.5 g of salt

Preparation:

In a bowl, mix the flour, yeast, salt, sugar and 2 eggs. Knead the dough for a few minutes, then add the soft butter and knead again until you create a ball. Leave it to stand while the sausage is being cooked. Fill a large pot with the water; throw the onion, 2 bay leaves and sausage. Cook for about 25 minutes (cooking depends on the size of the sausage). After cooking, remove the skin of the sausage. Spread roughly paste bun and place the sausage on top. Hand, coat the sausage dough and place all in a cake pan. Put the sausage in brioche to the oven at 180 ° C for about 15 mins

Total time
needed:
85 mins;
Servings: 6

Saucisson brioché à la lyonnaise Sausage brioche



MAIN
COURSE

My recipe

Ingredients

1.5kg beef, cut into chunks
 150g diced, thick-cut smoky bacon
 300g white button mushrooms
 100g flour
 2 large onions; 2 carrots
 5 crushed garlic cloves
 1 bouquet garni (3 bay leaves, 3 sprigs of thyme, parsley)
 2 bottles red wine, preferably Hautes Côtes de Beaune
 Oil, salt and pepper, a pinch of nutmeg

Preparation

Peel and chop the onions. Peel the carrots and slice them. Dice the mushrooms. Heat a small amount of oil in a large stew pot and brown the bacon, onions, carrots and mushrooms. When the bacon is browned and the vegetables have started to flop, remove from the pot. Flour the chunks of beef and brown the beef. Add salt and pepper, ground nutmeg, the crushed garlic cloves, bouquet garni, bacon, onions, carrots and mushrooms. Add wine until the beef is almost covered. Bring to the boil, cover, lower the heat and allow to simmer for 2½ hours. Remove the cover and cook for a further ½ hour in order to thicken the sauce. Serve with steamed potatoes.

Total time
 needed:
 3 hours;
 Servings: 6

Boeuf hourguignon Beef hourguignon



MAIN
 COURSE

Total time
needed:
45 mins;
Servings: 4

My recipe

Ingredients

6 tbsp/90 ml lard or vegetable oil
6 large onions (1 kg total), sliced
2 garlic cloves, chopped
2 tbsp sugar
Salt and pepper
1 bouquet garni (fresh thyme sprigs, a dried bay leaf and sprigs of fresh parsley)
5/6 thick slices calf's liver (about 675 g total)
175 ml chicken broth

Preparation

In a saute pan, over medium heat, melt 2 tbsp of butter. Add the onions. Season with salt and pepper. Saute until wilted, about 2 minutes. Season both sides of the liver with salt and pepper. Season the flour with salt and pepper. Coat the liver in the flour. In a large frying pan, over medium heat, melt remaining 2 tbsp of the butter. When the butter is hot, add the liver. Cook for 1 minute on each side, remove from the pan and set aside. Serve with the potato gratin.

Foie de Veau à la Lyonnaise Calf's Liver



MAIN
COURSE

My recipe

Ingredients

4 pieces of beef caul (about 200 g each)

1 bottle of Mâconnais blanc

Juice of one lemon

1 tablespoon mustard

1 egg

Bread

Breadcrumbs

Sunflower oil

Butter

Salt and pepper

Preparation

Marinate the beef caul for a night in a mixture of Mâconnais wine, lemon juice, two tablespoons oil and mustard. Season with salt and pepper. The next day, drain the meat. Soak in battered eggs, roll in fresh breadcrumbs and then in dried ones. Heat some oil and butter in a pan and brown the meat for 3 minutes on both sides. Serve with chives sauce on a very hot plate.

Total time
needed:
55 mins;
Servings: 4

Tablier de sapeur Breaded Tripe



MAIN
COURSE

My recipe

Ingredients:

2 bags of doom/Andouillette
1 bay leaf
1 sprig of thyme
1 tblsp soft brown sugar
4 shallots
4 tablespoons of grain mustard
1 large glass of white wine
Salt and pepper to taste

Preparation

Spread the andouillettes with the mustard and put them in an oven proof dish. Put the sugar in a non-stick pan over a low heat until it liquefies into caramel. Pour in the wine and deglaze the pan. Peel and cut the shallots in half and put them in the oven proof dish and tuck in the thyme and bay leaf. Pour over the wine. Bake in the oven at 160 degrees C, for 20-30 minutes.

Total time
needed:
1 hour;
Servings: 4

Andouillette à la lyonnaise



MAIN
COURSE

My recipe

Ingredients

350 g flour
180 g butter, melted
1/2 teaspoon of salt
20 g baker yeast dissolved in 1 tablespoon of warm water
50 g sugar
4 eggs
125 g crushed pralines

Preparation

Prepare the dough a day before. Dissolve the yeast in warm milk. Mix flour with water -yeast mixture. Add the eggs, sugar and butter melted. Mix well to obtain very sticky dough. Put in a refrigerator overnight. The next day overturn the dough on the work surface, roll. Divide pralines and roll like a log. Put in a pan, let it stand for 4 hours to rise. Bake in the oven at 160 ° C for 30-40 min.

Total time
needed:
160 mins;
Servings: 6

Brioche aux pralines roses Brioche pink pralines



DESSERT

Total time
needed:
30 mins;
Servings: 8

My recipe

Ingredients

For the filling praline:

200 g of pralines

300 g of heavy cream fresh

50g soft butter

For the pastry:

125 grs plain flour

60 ml water

90 g butter; 1/4 tsp salt

Icing sugar for decoration

Preparation:

Make the pastry or use the ready-made one. To make a shortcrust pastry, mix water with salt in a large bowl. Slice butter into cubes. Mix all ingredients together, 'working' the dough 5 minutes. Shape into a ball, wrap with cling film and place in the fridge for an hour. Preheat oven to 175 degrees C. Line a deep dish pie pan with pastry dough.

Line dough with foil, fill with uncooked beans or something similar. Bake for 10 mins. In a large sauce pan, combine pralines, cream and butter. Cook until it reaches 110 C for about 15 mins. Pour praline mixture into pie shell. Let cool in refrigerator. Sprinkle with icing sugar and serve.

Tarte aux pralines Pink praline tart



DESSERT

My recipe

Ingredients

500 g flour

2 tablespoons sugar

3 beaten eggs

1 teaspoon Cognac / or orange blossom water

125 ml cream

Icing sugar for decoration

Preparation

Prepare the dough at least 2 hours in advance: Sift the flour over a large bowl. Combine with the sugar, orange blossom water/ Cognac and a pinch of salt. Add the butter in very small parcels and mix. Beat the eggs and pour in flour mix. Combine all the ingredients and knead for only a minute or two. Make a ball out of it and leave it for 2 h under a clean cotton cloth. After it grew, roll out the dough as about 2 mm in a rectangular shape. Cut out stripes and divide the stripes into smaller rectangles. Place a few stripes of dough in the boiling hot oil. Flip once, after only a few seconds, then wait a few seconds longer. Take out when they get the golden color. Drain on paper towels and sprinkle with the icing sugar.

Total time
needed:
30 mins;
Servings: 8

Bugnes Lyonnaises



DESSERT

My recipe

Ingredients

200g of flour

2 eggs

100g of caster sugar

250mL of milk

4 apples

50 mL of oil

3 soup-spoons of pear alcohol (optional)

A pinch of salt

Preparation:

In a salad bowl, blend the eggs, half of the sugar and a pinch of salt together using a whisk. Add the flour and about half of the oil and whisk again. Add the cold milk and stir hard until the mixture is smooth. Set aside for about two hours. Peel and core the apples and grate them. Then, add the remaining sugar. Add this to the set pastry and stir. In a large frying pan, add the remaining oil. When the oil is hot, pour the entire mix into the pan. It needs to cook for about half an hour on a low heat, turning every five to ten minutes... just like a big crêpe!

Total time
needed:
40 mins;
Servings: 6

Matefaim lyonnais aux pommes Apple "matefaim"




DESSERT

Total time
needed:
18 mins;
Servings: 4

My recipe

Ingredients

60 g sugar
50 ml of rum
125 g flour
1 egg "whole"
1 tablespoon sugar
1 tbsp oil
1 tablespoon baking powder
100 ml water
salt

Preparation

Wash the 12 clusters of acacia flowers, and then remove the flowers and put them in a bowl with the sugar and rum. Stir regularly for 2 hours. To prepare the dough, combine the flour, egg, salt and the sugar together with the yeast and oil and water. Leave it covered for 2 hours to grow. Mix the flowers in the dough and cook in the hot oil for few seconds until the donut comes up to the surface and its gold. Flip and pull out and place on absorbing paper. If the dough mixture is too liquid, add some flour.

Beignets de fleurs d'acacia Fritters acacia flowers



DESSERT