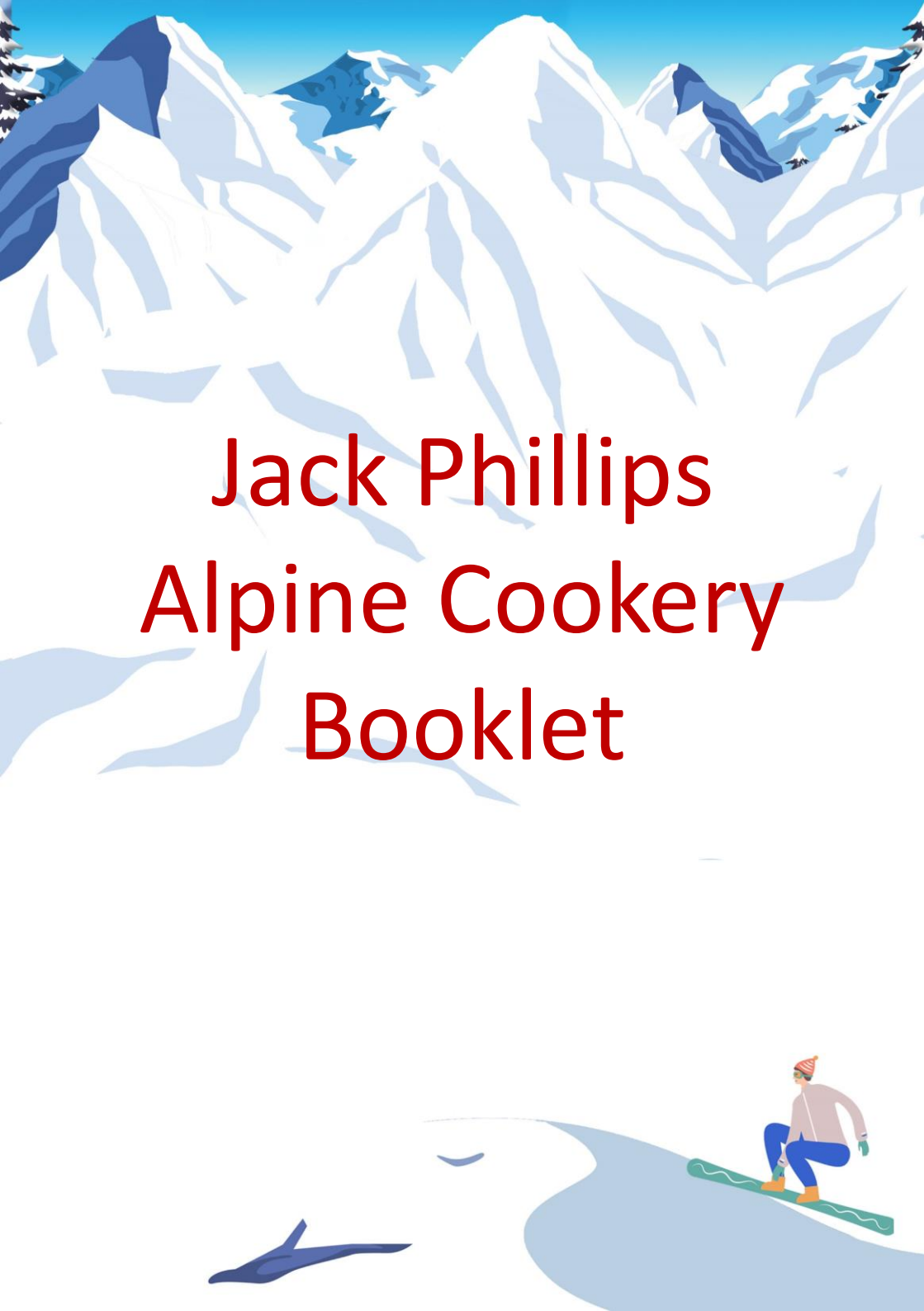


The background of the entire page is a stylized illustration of a mountain range. The mountains are depicted with sharp, angular peaks and ridges, colored in various shades of white and light blue to represent snow and shadows. The sky above the mountains is a clear, bright blue. In the lower right foreground, a person is shown snowboarding down a gentle slope. The person is wearing a grey jacket, blue pants, orange boots, and a red and white striped beanie. They are positioned on a green snowboard. The overall style is clean and modern, with a focus on geometric shapes and a cool color palette.

Jack Phillips Alpine Cookery Booklet

French Cassoulet

Things you will need

- 1x Heavy bottomed saucepan
- A sharp knife
- A chopping board

Ingredients

- 6 x Toulouse (Style) Sausage
- 4 x Boneless Chicken Thighs
- 2 x Carrots
- 1 x Leek
- 1 x Large Onion
- 250ml x White Wine
- 4 x Cloves Garlic
- 1 x Tin Cannellini Beans
- 3 x Banana Shallots
- 300ml x Chicken Stock
- 2 tsp x Fresh Rosemary
- ½ tsp x Herbs De Provence
- Chopped Fresh Parsley For Garnish

French Cassoulet

Method

1. Set oven to 180c.
2. In a heavy bottomed saucepan, brown the sausages whole.
3. Remove them once browned and place diced chicken in next, seasoned with salt until they are browned, remove from pan and set aside.
4. Add onion, carrot, and leeks to the pot in the residual sausage fat and cook until tender.
5. Add the shallots and garlic and sauté for an additional minute.
6. Deglaze the pot with white wine & reduce by half.
7. Return Protein to the pot and add beans, herbs, stock and seasoning.
8. Bring to a simmer then cover and transfer to the oven.
9. Bake for 1 hour.
10. Garnish with parsley and serve!

Blueberry tart & Crème Patisserie

Things you will need

- A Whisk
- A mixing bowl
- A saucepan
- A stirring utensil
- Baking tray
- A Sieve

Ingredients

- 1 x 220g Sweet Pastry Case
(Don't worry if not that size, if smaller you will just have some crème patisserie left over)
- 5 x Egg Yolks
- 90g x Caster Sugar
- 25g x Plain Flour
- 2 tsp x Corn Flour
- 300ml x Whole Milk
- 1 tsp x Vanilla
- 2-3 Punnets of Blueberries
- Icing Sugar To Dust

Blueberry tart & Crème Patisserie

Method

1. Make sure the oven is set to 180c
2. Beat the egg yolks and sugar for a few minutes until pale and slightly thickened.
3. Whisk in the flours.
4. Heat the milk in a saucepan until starting to boil.
5. Whisk the milk into the egg mix.
6. Put the whole lot back into the pan, stirring all the time until thick and boiling.
7. Once thick & ready, pour into pre made tart case.
8. Cover with the blueberries and put into oven until blueberries start to swell & burst. (10 mins)
9. Remove from oven, once cool dust with icing sugar.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

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