

Canapés (Cold) Barquettes & Tartlets

Lesson 1

Advanced Garde Manger

Literal translation of word - *Canapé*, is "Sofa or Seat."

1. Culinary meaning of word - Canapé, is a one-bite "open-faced sandwich," which should always be served cold or at room temperature.

The Four Components of a Canapé.

1. **Base** - 90% of the bases are made out of bread. Bases can also be crackers, veggies or cheese. Important: The base as to be strong enough to hold the other three components.
 - ◆ If you're using bread, toast it on both sides. It needs crunch or it's boring.
 - ◆ You can add to bread: salt, EVOO or dried herbs. That way you will get both flavor and crunch (see above).
2. **Spread** - Called a Moisture Barrier.
 - ◆ You can add mayo and garlic and make an aioli.
 - ◆ You can add butter and an herb and make compound butter.
 - ◆ A great recipe is: garlic, chipotle and mayo.
3. **Filling** - Main Component of Canapé
 - ◆ A filling is anything you want it to be.
4. **Garnish** - Has to be edible.

En Croute Dough

Demonstration

- 1. Made dough.**
- 2. Add herbs.**
- 3. Don't refrigerate it. Leave it on the bench. (Chef Sued's method)**
- 4. Roll it out.**
- 5. Roll dough down, makes life easier.**
- 6. It doesn't matter if it's thick or thin.**
- 7. Use pasta machine to thin it out.**
- 8. Where widest setting is. It's #1 on kitchen machine.**
- 9. Roll it out using machine.**
- 10. Turn machine down to #3.**
- 11. Don't force dough in: feed it nice and easy.**
- 12. Turn machine down to #4, which is the number you want.**
- 13. By now, the dough is getting too big to handle, so cut it down.**
- 14. Can use barquette molds. Cut and put on tray. Spray. Sandwich dough in-between molds. Use bottom mold to cut away excess. Align by applying a little presence on mold. Put mold upside down and bake off.**
- 15. To make garnishes out of dough: press down from top to bottom of blade. Lay strip of dough over mold to bake. Can re-position strip of dough to get curves.**