

Chaud Froid

Lesson 4

Advanced Garde Manger

Literal translation of word - Chaud is "hot."

Literal translation of word - Froid is "cold."

In order words, Chaud Froid, is: A sauce that is made "hot," but served "cold."



Formula: Béchamel sauce plus Aspic = Chaud Froid

1. Onion Pique is Onion, cloves and bay leaf.
2. Equal parts flour and fat by weight, cooked.
3. Salt, white pepper and a pinch of freshly grated nutmeg.
4. Cool roux down.
5. Temper roux with a little milk.
6. Once we incorporate roux with liquid mixture - we want to bring it back to a simmer.
7. Use rubber spatula or wooden spoon - watch bottom, stir it up at top.

Important: To thicken Béchamel - or any other liquid for that matter, - one (roux or milk) has to be cold and _____ the other one has to hot. _____



Tempering:

1. Definition of tempering is: the gradual equalizing of two (2) temperatures.
2. In other words: one hot - one cold.
3. This method prevents lumps.

Aspic

1. Definition of Aspic - "A meat jelly or gelatin (although it can be made with fish or vegetable stock as well) with which foods to be served cold are covered or glazed. It can also be flavored and served as is, as with tomato aspic."
 - ◆ Aspic is cold water and gelatin, either sheets or powder.
 - ◆ Either soak gelatin sheets or bloom powder by sprinkling on top and stirring slowly.
 - ◆ Once blooming begins, leave it alone - step away.
 - ◆ The mixture has to look thicker - like the consistency of apple sauce.
 - ◆ Once it blooms and is apple sauce consistency, heat on stove, really slow - medium to low heat, stirring gently.
2. Formula: Aspic = gelatin + cold water (apple sauce consistency - heat it up 140 degrees).
3. Remember no air or bubbles.
4. Remember to heat it up just enough to liquefy it.
5. 140 degrees (once it turns into a liquid and you can see the bottom of the pot).
6. Best working temperature of aspic is 98 degrees Fahrenheit.
7. Ratio - 1 fully sealed 1 pound can of gelatin powder to 1 1/2 gallons of cold water.
8. The above ratio will give us a hard aspic. Not something you want to eat.
9. Add more water if you want to make a softer aspic. From 1 1/2 gallons increase amount up to 3 gallons total.
10. For Chaud Froid: How much aspic should you add to the Béchamel? The answer is 1 to 1.

11. Can add flavoring to extra water when making a softer aspic. For example port or champagne: this is called a Gelee or a flavored gelatin.

Coloring Aspic

1. Savory colors: natural ingredients are vegetables.
2. Hot water will extract color of vegetable.
3. If you put it in a Robot Coupe, it will extract extra color.
4. Use cheesecloth on top of a chinois and squeeze it out because it will be very wet.
5. Just a little bit of water.
6. Use tongs or gloves to squeeze out colored water.
7. You can use the same method for oils.
8. The natural colors are a little more relaxed or toned down - not like in a bakery.
9. Chef Sued showed a picture of the colored dyes, which haven't been added to aspic yet. The dyes were in Styrofoam cups and labeled accordingly.



10. Put cups in tray with hot water once aspic is added, so it doesn't gel as quickly.
11. For this technical task: will use plastic cafeteria trays and fill them with Chaud Froid and then decorate with color dyes mixed with aspic and finally with clear aspic.
12. You can cut the colors out. Combining the colors: Chef Sued suggests we don't.
13. If you decorate with vegetables, they have to be cut nice and thin.

14. Chefs want a definition between both colors - not blended.



15. Try to avoid tie-dying effect.

16. And you don't want a cloudy affect, i.e., combining some colors.

17. Can use herbs - once platters are decorated, they will be re-glazed.

18. Since herbs float on top and drift away - dip every single piece in aspic before you set them down.

19. Decorate with veggies.

20. Avoid blue dye at all cost - looks like mold.

21. Important: You have to have right temperature of aspic during the last stage - if you don't and the aspic is too hot - everything will melt.

Dye Buckets with Lids



Today's Technical Tasks

1. Aspic - 1 can to 1 1/2 gallons of cold water, divided into three (3) 1/2 gallon containers.
2. Each bench is to make 2 different natural colors. Put a different color in each of two (2) 1/2 gallon containers. Write name of color on it.
3. Add last 1/2 gallon of aspic to Béchamel to make Chaud Froid.
4. Bench 4 - make Red #2 and Dark Red (need red beets and paprika).
5. For this exercise, you can deviate on Béchamel: make the roux in a big sauce pot, slowly incorporate cold milk; whisk it in slowly, temper; bring to boil, thicken it up; add seasonings and strain.
6. Figure out design you want to use.

Bubble Techniques

Demonstration

Chef David Ross

1. When it comes to bubbles in Chaud Froid, there are a number of things you can do.
 - ◆ Burst bubble with skewer.
 - ◆ Touch it with a dry finger.
 - ◆ Fold a paper towel into a rectangle and gently pull paper towel across surface. (A great tool). Make a nice straight edge on paper in order to get bubbles out.
 - ◆ Heat - bubbles sitting in water. When you apply heat, the air inside the bubble expands. Not really advisable to use torch. Applying a little bit of heat will take out bubbles to an extent.
2. For a proper dinner service, you would use silver or stainless steel trays.
3. If using stainless steel, gently warm bottom of tray with torch. The reason for this is that if you pour the liquid on a cold tray, it will set up too fast. Since we're using plastic, this rule doesn't apply. In other words, the surface has to be body temperature. Make sure tray is clean.
4. We should be able to assume that the bench is level, but benches are not level.
5. If any liquids are poured into the tray and it is not level, the liquid will seek its lowest point or level.
6. To avoid this problem, take skewers or paper to make cutting board and tray level. Chef Ross put part of skewer under tray to level it. Check level vertically and horizontally.
7. Watch out for blue flame and outer edge of touch which really gets hot.
8. Put a little bit of Chaud Froid in a plastic container and put in refrigerator for 5 minutes to see if it sets up before proceeding.
9. Be patient and pour Chaud Froid on tray when it's cooler. The goal is to just coat tray. Use torch to eliminate any bubbles.