



# RECIPE

**Booklet**

 100%  
mountain  
 100%  
pleasure



**sherpa**  
SUPERMARCHÉ



*By the chef  
Mickey Bourdillat*



# A peak of savours below the Mont Blanc



Mickey Bourdillat

100%  
mountain  
100%  
pleasure

In Chamonix, very close to the Alps highest summit there exists a peak of culinary delights – the flavours and savours prepared every day by chef Mickey Bourdillat in his restaurant, the Mataban, below the mythical Mont Blanc hotel.

For many years, Mickey's recipes have always been exclusive and inventive.

His creed? To open gastronomy to all through simple and accessible cuisine based on excellent produce.

While waiting to meet him in his restaurant, discover his generous recipes to spend happy moments in the mountains or when you get back home.

All these recipes use Terre de l'Alpe produce selected by Sherpa for 100% gourmet dining!

Enjoy!

sherpa  
SUPERMARCHÉ



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below online, at  
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## FOUGASSE



### Ingredients/Serves 4

- 500g of flour
- 10g of salt
- 3g of sugar
- 25g of yeast
- 25cl of water
- Provençal herbs
- 11cl of olive oil

Knead for 3 to 4 minutes. Then allow to rise once for 30 minutes in a warm place. Then roll and pat to shape. Sprinkle water and olive oil on the top and bake.

### Food for thought

Fougasse is bread from Provence. Originally, it was a piece of bread dough put into the wood-fired oven to check it was at the right temperature to bake the batch of the day.



Suggested white wine: Crozes-Hermitage



## TARTIFLETTE MINI PIZZAS



### Ingredients/36 mini pizzas

#### Pizza pastry:

- 500g of flour
- 100g of fine-grained semolina
- 30g of baker's yeast
- 300cl of warm water
- 15g of salt
- 100g of oil
- 1 pinch of sugar

#### Topping:

- ½ Reblochon cheese
- 200g of smoky bacon
- 2 onions
- 2 potatoes
- 10g of butter

Make the pizza pastry. Put the flour, semolina, salt, sugar, and yeast in a mixing bowl. Add the liquid ingredients and knead for roughly 6-7 minutes.

Leave to settle for an hour at room temperature.

Prepare the bacon brunoise. Cut the bacon, onions, and potatoes into tiny cubes and cook them for 10 minutes over a low heat.

Lay out the pizza pastry. Cut out a pizza base roughly 4.5cm across, depending on the pastry cutter. Garnish with the brunoise then the Reblochon cheese. Bake at 250°C for 4-5 minutes.

Suggested white wine: Roussette

### More from the chef

Is the Neapolitan pizza an intangible world heritage treasure?

The UNESCO selection committee has accepted a candidacy from the Italian national commission. We will have the answer in 2017 as to whether this dish originating in Naples joins French gastronomy, Georgian wine, and Turkish coffee as world treasures.

### Terre de l'Alpe selection

Reblochon, butter





## TOMME RISOTTO CROMESQUIS



30 mins 30 mins Medium

### Ingredients/Serves 4

- 200g of risotto rice
- 50g of onion
- 20ml of white vinegar
- 1.5l of chicken stock
- 80g of Tomme (diced)
- 100g of butter
- 80g of parmesan
- 2 eggs
- 150g of flour
- 250g of breadcrumbs

Cook the risotto the day before serving. Sauté the chopped onion in 20g of butter, then add the rice and toast it. Add the white wine, reduce, then keep topped up with the chicken stock. Cook for around 12-14 minutes.

Finish cooking the risotto until done.

Add the rest of the butter and the parmesan.

Add the rest of the seasoning. Keep refrigerated.

The following day, make the cromesquis. Make the risotto into balls with a small cube of Tomme in the centre. Coat the risotto balls in the flour, then in the beaten eggs, then finally in the breadcrumbs. Place in the freezer.

On the day of your drinks reception, gently fry the risotto balls, then serve.

### More from the chef

Originally a Polish dish, Cromesqui now means a croquette in chef's jargon. They can be both sweet (with chocolate and hazelnut, for example) or savoury (with cheese or fish).

The outer shell should be crunchy and have a runny centre.

### Terre de l'Alpe selection

Tomme de Savoie, butter, organic eggs



Suggested white wine: Ayze



## TROUT & BEAUFORT CHEESE MAKI



40 mins 15 mins Medium

### Ingredients/Serves 6

- 300cl of rice vinegar
- 12g of sugar
- 30g of salt
- 350g of round sushi rice
- 300g of smoked trout
- 60g of Beaufort cheese
- 3 sheets of seaweed

Boil then cool the rice vinegar, sugar, and salt.

Rinse and strain the rice twice then cook it slowly in a covered pan for 15 minutes.

Next, mix in the dressing made from the rice vinegar, sugar, and salt. Assemble the seaweed wafers, rice, smoked trout, and Beaufort into a maki.

Lastly, roll up the maki and slice into individual rolls.

### More from the chef

It's called a Makizushi ("sushi roll") or Makimono ("rolled thing"), but everyone remembers it by the name Maki, the Japanese word for roll. There are several kinds you can make with fruit or vegetables such as tomato, artichoke, or avocado, or else with fish or seafood, including tuna, salmon, or anchovies. And it's always good!

### Terre de l'Alpe selection

Beaufort



Suggested white wine: Ayze



# TAPAS



## POTATO DOUGHNUTS



### Ingredients/Serves 4

- 600g of potatoes (Bintje)
- 100g of Beaufort cheese
- 20ml of white vinegar
- 1 bunch of parsley
- 2 eggs
- 2cl of cream
- Salt, pepper, nutmeg

Peel and grate the potatoes. Season with salt, pepper and nutmeg, then squeeze them by hand to remove water. Place the grated potato in a round-bottomed "cul de poule" mixing bowl. Add the grated Beaufort, the white wine, the chopped parsley, the 2 eggs and the cream. Blend, then cover with film and allow to stand overnight. The next day, divide the mixture into small balls, then fry them gently in a pan. Place the cooked balls on a cloth to remove excess oil. Lastly, serve.

### More from the chef

A "cul de poule" is a hemispherical container, like a round-bottomed salad bowl. It is highly useful for mixing in general cooking and pastry making.

Its hemispherical shape is ideal for using a whisk, allowing ingredients to be properly mixed.

Although often made of stainless steel, they can also be made from aluminium, copper, brass or glass.

### Terre de l'Alpe selection

Beaufort, organic eggs



Suggested red wine: Savoy Pinot noir

# TAPAS



## ROUND A TOMATO



### Ingredients/8 torradas

#### Espuma (foam):

- 20 tomatoes
- 1 clove of garlic
- 1 shallot
- Salt, pepper
- 6 gelatine sheets

#### Torradas:

- 4 tomatoes
- 1 clove of garlic
- 4 black olives
- 8 basil leaves
- 1 ball of mozzarella
- 1 baguette

Prepare the espuma (foam) of tomato consommé. Mix the tomatoes, garlic, and shallot; add salt and pepper. Strain the mixture in a tea towel to retrieve the tomato liquid. Put the gelatine to soak in cold water. Heat a quarter of the volume of tomato consommé. Melt the gelatine in it. Mix well and pour it into the siphon.

#### Prepare the torradas

Cut the bread slices and wipe them with garlic. Cut the mozzarella and tomatoes into slices and snip some basil. Cut up the olives. Then garnish the torradas and bake for 3 minutes at 250°C.

Suggested white wine: Chablis

### Food for thought

Tapas owe their name to the Frankish word "tappo", via the Spanish verb "tapar" meaning to close off or cover. Originally a tapa was a slice of bread garnished with cheese or dried meat, used as a lid to cover a glass and keep insects out.



## STARTER



### DUCK FOIE GRAS WITH DRIED FRUITS



25 mins 20 mins Medium

#### Ingredients/Serves 4

- 1 lobe of foie gras weighing approximately 500g (you can buy it with the veins already removed).
- 25g of almonds
- 25g of hazel nuts
- 25g of pine nuts
- 25g of currants
- 25g of pistachios

Salt and pepper the lobe. Open into two, insert the dried fruits then reclose. Wrap tightly in cooking film and boil in a pan for 20 minutes at 85°C. The foie gras can be spiced with port wine stock or fruit chutney, for example.

#### Food for thought

The principle of foie gras was discovered by the Ancient Egyptians due to the migration of geese. To facilitate their migration, the geese "built up their livers" by force-feeding themselves. This liver does not have same texture as a normal liver.



Suggested white wine: Coteaux-du-Layon

## STARTER



### MILLE-FEUILLE, DRIED MEAT, BEAUFORT CHEESE AND APPLE



30 mins 0 mins Medium

#### Ingredients/Serves 4

- 200g of thinly sliced dried meat
- 200g of Beaufort cheese
- 150g of beef stock
- 2 green apples

Cut the Beaufort cheese into thin slices. Put the dried meat slices in a dish. Brush on the stock and alternate different layers with Beaufort, dried meat and stock. Cool to set and then cut into cubes. Finish with a green apple Julienne, dust with pepper and serve. Ideal nibble for pre-meal drinks!

#### Food for thought

This recipe combines the three best known of all Savoie fine foods. Produce grown and raised in summer to eat during the winter. Apples, stored in the cellars. Meat hung out to dry on the farmhouse beams. Beaufort cheese from mountain-grazed cattle.

Terre de l'Alpe selection  
Beaufort



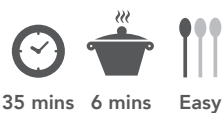
Suggested red wine: Morgon



## STARTER



### ESCABÈCHE (ACIDIC MARINADE) OF LAKE GENEVA PERCH AND CRUNCHY VEGETABLES



#### Ingredients/Serves 4

##### For the escabèche:

- ½l of olive oil
- 15cl of water
- 30cc of Jerez vinegar
- 15g of salt
- ½ onion
- 1 carrot
- 1 garlic
- Bay leaves

##### For crunchy vegetables:

- 4 mini fennel bulbs
- 4 mini carrots
- 4 mini turnips
- 4 mini onions

\*Vegetables change with the seasons.

Dice the vegetables. Boil the olive oil, vinegar, water, salt, garlic and bay leaves together. Cook the vegetables for 2 to 3 minutes in the mixture. Pour over the fish fillets. Wrap in film and cool.

Take what's available. Chop all the mini vegetables very finely. Season with the fish gravy. Serve.

Suggested white wine: Ayze

#### Food for thought

Used all around the Mediterranean, escabèche sauce is poured onto fish which has been marinated then cooled. It is stored cold and eaten in summer for its coolness. Here, we have reworked the recipe by using lake fish.



## STARTER



### SOCCA NIÇOISE



#### Ingredients/Serves 8

- 125g of gram flour
- 375ml of cold water
- 80ml of olive oil
- Salt, pepper

Mix these together like a pancake batter.

- 1 red pepper
- 1 green pepper
- 1 aubergine
- 2 courgettes
- 2 red onions
- 32 filleted anchovies
- 16 black olives
- Basil and olive oil

Roast then peel the peppers. Cut up the aubergine, courgettes, and red onions. Sweat these with olive oil, add salt and pepper. Cook the soccas in a non-stick frying pan, just like pancakes, then place the frying pan in the oven for a few minutes at 220°C to complete the cooking. Assemble the soccas with the peppers, vegetables, olives, and filleted anchovies. Put back in the oven for 2 minutes. Finish off with the basil and enjoy!

Suggested wine:  
Rosé de Provence Château de Berne Grande Récolte



#### Food for thought

The socca is the symbol of Niçoise gastronomy itself. It had its origins in Italy before finding its way to Nice. In Liguria they call it farinata; in Piedmont, belecàuda. All three areas share the peculiarity of having been part of Savoy until 1860.



## STARTER



### TEMPURA OF GAMBAS, GAZPACHO AND CROUTONS WITH PARMESAN AND THYME



#### Ingredients/Serves 4

- 12 gambas (prawns)
- For the tempura batter:**
- 85g of flour
- 85g of starch
- 15g of sugar
- 15g of yeast
- 1g of salt
- 14cl of water

- For the gazpacho:**
- 8 tomatoes
- 1 stalk of celery
- Half a cucumber
- 2 cloves of garlic
- ½ shallots
- Celery salt
- Tabasco

- For the croutons:**
- 4 sandwich loaf slices
- Thyme
- 50g of parmesan cheese
- 150g of butter

#### Food for thought

Originally from Portugal and then Japan, tempura it is one of the rare types of low cal batter. In this batter made of flour, ice water and egg yolk you dip the vegetables, of course, but also white or shell fish.

#### Making the tempura

Mix the flour, starch, sugar, salt and yeast together. Then add cold water. Peel the gambas. Soak in the tempura and fry for a few minutes at 180°C.

#### For the gazpacho

Cut all the ingredients into lumps. Add the celery salt, salt, pepper and the Tabasco (according to taste). Mix and strain through a Chinois.

#### Making croutons

Dice the sandwich loaf slices and fry in butter.

Add the chopped thyme and the grated Parmesan. Strain.

#### Terre de l'Alpe selection Butter



Suggested white wine: Sancerre

## STARTER



### BEEF TARTARE, AVOCADO PEAR AND ONION SUSHI



#### Ingredients/Serves 4

- 600g of tartare beef
- 3 eggs
- 8 gherkins
- 1 onion
- Chives
- Ketchup

- Oil
- Tabasco
- 16 slices of carpaccio (thin sliced beef)
- 4 avocados
- Lemon

#### For the Tartare

Hard-boil 2 eggs. Chop them with gherkins, onions and chives. Finely cut the Tartare meat. Clarify the egg. Add the ketchup, the Tabasco, salt and pepper. Whip lightly in oil. Add in the meat, herbs and spices. Mix and season to your own taste. Put the carpaccio slices on cooking paper then add the tartare. Roll and allow to cool down for at least 2 hours. Cut into 3cm segments.

#### For the avocado pears

Mix 3 avocado pears with garlic, salt, pepper and lemon. Put in a dish and serve.

#### Food for thought

This Japanese dish is usually made of vinegared rice called shari and raw fish or shellfish called neta. This recipe prepares tartare in the Japanese way. Finger-food for pre-meal drinks.

#### Terre de l'Alpe selection Organic eggs



Suggested red wine: Marsannay



## MAIN COURSE



### FISH BOURRIDE



#### Ingredients/Serves 4

- 2 char fillets
- 2 fera (broad whitefish) filets
- 20 perch fillets
- 1 litre of fish stock
- 12 cloves of garlic
- 500ml of cream
- 8 egg yolks
- 2 tomatoes
- 8 stoned olives
- 4 mini fennel bulbs
- 8 potatoes

Add the finely chopped cloves to the fish stock. Poach the char and whitefish for several minutes. Leave them to drain on a cloth. Fold cream into the fish stock and the egg yolks. Cook the mixture "à la nappe" (see below), just like custard. Pass through a conical strainer and maintain the heat without boiling. Dust the perch fillets with flour, fry them in olive oil, and leave to drain on a cloth. Lay out the cooked whitefish and char in a soup plate. Top with sauce. Add the perch fillets, a few diced tomato cubes, the sliced olives, and the thinly sliced fennel. Serve the boiled potatoes with croutons and garlic bread.

Suggested white wine: Marin

#### More from the chef

"À la nappe" cookery involves heating gently while stirring continuously with a spatula. Once the mixture forms a complete film on the spatula, it is said to be cooked "à la nappe" (in a layer).

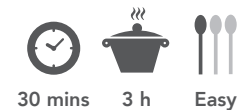
#### Terre de l'Alpe selection Organic eggs



## MAIN COURSE



### POTÉE SAVOYARDE



#### Ingredients/Serves 4

- 600g shoulder of pork
- 1 pormonaise sausage
- 4 diot sausages
- 1 thick slice of smoked gammon
- 4 potatoes (Charlotte)
- 2 green cabbages
- 4 carrot tops
- 8 white turnips
- 1 clove
- 1 onion
- Salt, pepper

Bring the shoulder, the pormonaise & diot sausages, the gammon, the clove, and the onion to the boil. Once the mixture is boiling, skim and cook for an hour and a half. Add the cabbages (cut into fours), carrots, turnips, and potatoes. Cook the whole for 45 minutes then eat with an accompaniment of gherkins and mustard.

Suggested red wine: Saint-Joseph

#### Food for thought

"Potée" gets its name from the earthenware pot in which it is prepared. Practically every region has its own potée, always with the same base ingredients of cabbage and pork. It's a dish that is cooked slowly for several hours in the morning to be enjoyed on cold winter evenings.

#### Terre de l'Alpe selection Diot sausages



## MAIN COURSE



### POLENTA FRIES



#### Ingredients/Serves 4

- 200g of polenta
- 100g of sugar
- 1 litre of stock
- 1 garlic clove
- 150g of parmesan
- 1 sprig of rosemary
- 80g of butter
- 50ml of white vinegar
- 50g of flour
- 250g of tomato juice

#### Cook the polenta

Heat the stock with the butter.

When boiling, sprinkle in the polenta, then allow to cook for 20 minutes.

Add the parmesan at the end and check the seasoning.

Once cool, chill.

#### Prepare the ketchup

Dry caramelise the sugar in a saucepan, then deglaze with the vinegar.

Add the tomato juice, garlic and rosemary.

Cook until thick.

Cut the polenta fries to size. Roll in flour, then fry.

Serve with the cold ketchup.

#### More from the chef

In the Savoy, this fine-grained cornmeal is called "polinte" not "polenta", a word that was imported from nearby Piedmont.

This type of cornmeal has a great tradition in the culinary history, not only of Savoy, but also Piedmont, Ticino and even Bulgaria and Moldavia.

#### Terre de l'Alpe selection

Polenta, butter



Suggested white wine: Roussette de Savoie

## MAIN COURSE



### PASTA WITH BROCCOLI



#### Ingredients/Serves 4

- 400g of pasta
- 400g of broccoli
- 3 garlic cloves
- Black Gaeta olives
- 4 anchovy fillets
- 100g of pine nuts
- 50g of parmesan
- 50g of Pecorino Romano
- Olive oil
- Salt, pepper

Cut up the broccoli, keeping the stalks.

Heat the olive oil, chopped garlic and olives in a large frying pan. Put to one side.

In another frying pan, brown the pine nuts and anchovies to be added at the end of the recipe.

Boil and salt a pan of water. Cook the pasta and broccoli in the same water. The broccoli should be cooked for 13 minutes. If the pasta cooking time is less than 13 minutes, start cooking the broccoli first, then add the pasta.

When the pasta and broccoli are cooked, partially drain, but keep a little of the cooking juice. Pour the contents of one frying pan into the other. Add the pasta and broccoli then sauté.

Finally add the Parmesan and Pecorino Romano.

#### More from the chef

Like Pecorino, Pecorino Romano is a ewe's milk cheese, but more salty. It comes from Sardinia, the Rome region and southern Tuscany.

This pressed cooked cheese has been subject to a Protected Designation of Origin since 1996.

It is traditionally eaten in the springtime in Rome with a handful of fava beans.



Suggested red wine: Sancerre



## MAIN COURSE



### CROUTE SAVOYARD



#### Ingredients/Serves 4

- 2 baguettes or slices of crusty wholemeal bread
- 400g of heirloom tomatoes
- 200g of Beaufort cheese
- 4 slices raw ham
- 1 bunch of basil
- 25ml of white vinegar
- 32 stoned olives
- Olive oil

Cut up the bread to make the crusts. Finely dice the tomatoes and slice the Beaufort. Slice the olives into rings and chop the basil. Arrange the crusts in an ovenware dish: start with the bread, then the tomatoes, the olives, the basil, the olive oil, the ham and finally the Beaufort. Drizzle with white wine then bake in the oven for several minutes. Serve immediately!

#### More from the chef

Croûte au fromage is an old Swiss or French Alpine dish. In France, it is supposed to be served with a Savoy white wine, whilst the Swiss prefer a Valais Fendant. It is eaten from the dish it is cooked in with an accompaniment of pickled onions and gherkins.

#### Terre de l'Alpe selection

Beaufort, raw ham



Suggested white wine: Apremont

## MAIN COURSE



### FONTINA FONDUE



#### Ingredients/Serves 4

- 400g of Fontina
- 7 egg yolks
- 250ml of milk
- 150g of butter
- 4 slices bread
- 1 bunch thyme
- 20g of parmesan
- Salt, pepper

Dice the cheese, place in a bowl and cover with the cold milk. Allow to stand for 1 hour. Place the bowl in a double boiler to heat. Add 3 egg yolks and 50g butter. Stir, season lightly with salt and generously with pepper. Cut up the sliced bread to make croutons. Cook the little croutons on a low heat in 100g butter. As they brown, add the chopped thyme and the parmesan, then drain. When presenting, put the Fontina fondue in the dish, then add the croutons plus 1 egg yolk. If you wish, you can top the dish with a little grated Alba truffle before serving.

#### More from the chef

Fontina is an Italian cheese from the Valle d'Aoste, on the far side of Mont-Blanc. It is made using milk from Valdostana cows, fed on green feed in the summer and local hay in the winter. This semi-soft cheese has been subject to a Protected Designation of Origin since 1996.

#### Terre de l'Alpe selection

Butter, organic eggs



Suggested white wine: Pouilly-Fumé

## DESSERT



### CHEESE-CAKE SPECULAAS SHORTBREAD BISCUITS AND CANDIED APPLE



40 mins 30 mins Medium

#### Ingredients/Serves 4

- 250g of speculaas
  - 100g of butter
  - 4 Royal Gala apples
  - 200g of sugar
  - 70g of butter
- For the cream:**
- 380g of white chocolate
  - 38cl of milk
  - 750g of Philadelphia cream cheese
  - 1 vanilla bean
  - 60g of sifted icing sugar

Dissolve the white chocolate with milk in a bain-marie. Cool while stirring from time to time. Mix in an immersion blender.

To candy the apples  
Make a dry caramel. Once the colouring obtained, add butter and stir. Pour into a sponge cake mould and add the 4 apples cut into two, peeled and cored. Bake at 170°C for 35 minutes - remember to turn them over while cooking. Cool before serving.  
While the apples bake, whip the Philadelphia cream cheese with vanilla and icing sugar until the mixture becomes creamy. Then add in the white chocolate in two steps.  
In a ring, make a pastry with the creamed butter and crushed speculaas. Spread with a spoon and cool.  
Once the pastry sets, lay on the candied apples and the cream and leave to set in the fridge approximately 6 hours.



Suggested wine: Champagne Nicolas Feuillatte brut rosé

#### Food for thought

A popular dish in North-America, cheese-cake owes its origin to the German immigrants' "Käsekuchen".  
For this recipe, we work with local apple compote and salted butter caramel, as for a Tarte Tatin.

#### Terre de l'Alpe selection Butter



## DESSERT



### CHOCOLATE-CHERRY MELT-IN-THE-MIDDLE CAKE



35 mins 9 mins Medium

#### Ingredients/Serves 6

- 125g of 64% chocolate
- 125g of butter
- 2 eggs
- 90g of sugar
- 65g of flour
- 6 cherries
- 18 amarena cherries

Melt the chocolate and butter in a double boiler. Beat the eggs and sugar then mix them in with the chocolate, then whisk in the flour.  
Place in 8 cm circular moulds.  
Add 3 amarena cherries per circle, then cook for 9 minutes at 180°C.  
Add a few fresh cherries to taste then serve with a vanilla, cherry or pistachio ice cream.

**More from the chef**  
Amarena cherries come in a very sweet syrup. They are often used in desserts. But they are also excellent on ice cream.

#### Terre de l'Alpe selection Butter, organic eggs



Suggested wine: sparkling Mondeuse



## DESSERT



### ROAST APRICOTS AND SUGARED ALMOND CRUMBLE



#### Ingredients/Serves 4

- 20 apricots
  - 200g of sugar
  - 75g of butter
- The caramel:**
- 250g of crushed sugared almonds
  - 115g of cold butter
  - 135g of flour
  - ½ vanilla pod
  - 4g of fleur de sel salt

Stone the apricots. Make a dry caramel. Once the correct colour has been achieved, add the butter, whisking continuously. Pour the caramel onto a baking sheet, then arrange the apricots on top and cook for 25 minutes at 180°C. Keep refrigerated.

**Make the crumble**  
Mix the **sugared almonds**, butter, flour, vanilla and salt in a blender at low speed, then cook on greaseproof paper for 40 minutes at 160°C. Arrange the apricots in an 8 cm circle, pushing them into place with a spoon. Spread the crumble on top and serve with honey, almond or pistachio ice cream.

Suggested wine: Vin Jaune du Jura

**More from the chef**  
Traces of sugared almonds were found from Roman times when a confectioner is supposed to have invented them by accidentally dropping an almond into a jar of honey. In France, they were created by an apothecary in Verdun, who wanted to find an easier method to transport the almonds he used for his remedies. They were then coated in sugar or honey and hardened by baking.

**Terre de l'Alpe selection**  
Butter



## DESSERT



### BLUEBERRY WAFFLES AND WHIPPED VANILLA CREAM



#### Ingredients/Serves 6

- 125g of flour
- 125g of sugar
- 10g of yeast
- 2g of salt
- 2 eggs
- 175cl of milk
- 40g of melted butter
- 3 egg whites
- 250g of whipping cream
- 25g of caster sugar
- ¼ vanilla pod
- Blueberry jam

**Make up the waffle mix**  
Place the flour, sugar, yeast and salt in a mixing bowl. Make a well. Add the eggs and milk, then beat with a whisk (free from lumps). Add the melted butter then slowly add the beaten egg whites until frothy.

**Make the whipped cream**  
Put the cream, icing sugar and seeded vanilla into a mixing bowl, then beat to the desired consistency, as you would a Chantilly. Cook the waffles and serve as a fireside snack, accompanied by blueberry jam!

Suggested white wine: Late harvest Chignin Bergeron

**More from the chef**  
A popular dish in Belgium, the Netherlands and northern France, waffles are also a speciality of Valle d'Aoste and Western Switzerland. As well as those made from wheat flour, waffles can also be made using corn (as in Burgundy) or potatoes (in English-speaking countries).

**Terre de l'Alpe selection**  
Blueberry jam, butter, organic eggs



## DESSERT



### GINGERBREAD



#### Ingredients/Serves 4

##### Boil and infuse milk:

- 25cl of milk
- 2 vanilla beans
- 4 cardamoms
- 2 white peppercorns
- 1 star anise

Sieve in a strainer

##### Beat the eggs:

- 6 eggs
- 500g of honey
- 100g of sugar

##### Mix the dry mixture:

- 250g of flour
- 250g of rye flour
- 20g of yeast
- 1 tea spoon of powdered cinnamon
- 1 tea spoon of grated nutmeg
- 1 tea spoon of granulated anise
- The zest of 2 oranges
- The zest of 2 lemons
- 8g of salt

Add the infused milk and eggs into the dry mixture. Mix and bake at 170°C. Gingerbread can be frozen after cooking until needed.



Suggested wine: Cidre Terre de l'Alpe

#### Food for thought

Gingerbread is honey cake aromatized with spices and dates back to Greco-Roman Antiquity. Declared as a UNESCO cultural heritage in Croatia, it is traditionally sold on Christmas markets and is a reminder of their scents of mulled wine and spices.

#### Terre de l'Alpe selection

Organic eggs, honey



## DESSERT



### LEMON AND RASPBERRY PANNA COTTA WITH THYME



#### Ingredients/Serves 8

- 30cl of milk
- 20cl of cream
- 150g of sugar
- 2 gelatine sheets
- 2 lemons
- 400g of raspberries
- Fresh thyme
- 2 limes

##### Make the panna cotta

Bring the milk, cream and 100g sugar to the boil. Soak the gelatine in cold water then add to the mix. Grate the zest of the two lemons and add to the mixture. Bring to the boil and allow to infuse for 10 minutes. Place in the mould and allow to cool.

Heat the raspberries in a non-stick frying pan.

Make a dry caramel with 50g of sugar then add the raspberries. Cook for several minutes.

Lastly add the thyme flowers, then chill.

Place the panna cotta in the desired container to set.

Then add the raspberries as soon as the panna cotta has set.

Add lime zest at the moment of serving to add freshness.

#### More from the chef

Panna cotta is a dessert that originates from the Langhe region, south of Turin.

Its name means "Cooked cream".

It is made from cream, milk and sugar, to which gelatine is added to give it a firm consistency.

The oldest recipes included traces of boiled fish bones in place of gelatine.



Suggested white wine: Coteaux du Layon



## DESSERT



### CAFÉ GOURMAND

SESAME NOUGATINES, CARAMEL SAUCE,  
HONEY MADELEINES, CREAM CHOUX PUFFS,  
BLUEBERRY FINANCIERS



Terre de l'Alpe selection  
Butter, organic eggs, honey

#### SESAME NOUGATINES

Ingredients/Depending on portions

- 200g of fondant icing
- 130g of glucose
- 160g of sesame



Put the fondant icing and glucose into a saucepan. Heat to caramelization then add the sesame. Stir well and spread on a sheet of greaseproof paper. Finally, cut into pieces and enjoy.

The nougatines keep for a very long time. Store them in an airtight tin and bring them out when you feel like it!

#### CARAMEL SAUCE

Ingredients/According to the serving jars

- 200g of sugar
- 50ml of water
- 100g of cream



Place the sugar in a saucepan, mix with the water, and caramelize fully. Meanwhile, boil the cream in another saucepan. Once caramel is obtained, deglaze it with cream. Cook for a further 2–3 minutes and transfer to the serving jar.

#### HONEY MADELEINES

Ingredients/30 cakes

- 4 eggs
- 230g of sugar
- 340g of flour
- 14g of yeast
- 130cl of milk
- 170g of butter
- 1 zest of lemon
- 1 zest of orange
- 35g of honey



Blanch the eggs and sugar. Place the flour and yeast in a mixing bowl. Then add all this to the mixture (eggs and sugar) and add the milk. Melt the butter with the orange & lemon zests and the honey. Mix the whole with a whisk. Lastly, lay the madeleines out on the baking tray and bake at 180°C.



#### CREAM CHOUX PUFFS

Ingredients/16 large or 24 small choux pastry shells

- The choux pastry:
- 125cl of milk
  - 125cl of water
  - 100g of butter
  - 5g of salt
  - 20g of sugar
  - 150g of flour
  - 4 eggs



Bring the milk, water, butter, salt, and sugar to the boil. Add the flour then reduce for roughly 5 minutes on the hot plate. Remove from the heat and gently add the eggs, one at a time, mixing each one in as you go. Use a piping bag to lay out the pieces on a baking dish covered in greaseproof paper.

Crunchy topping:

- 95g of butter
- 115g of brown sugar
- 115g of flour



Mix all the ingredients into a uniform paste. Use a rolling pin to flatten out the paste between two sheets of greaseproof paper. Then lay the assembly flat in the freezer. Once this is frozen, use a pastry cutter to make puff-size pieces. Place the crunchy topping on the choux and bake for 20 minutes at 180°C.

The confectioner's cream:

- 250cl of milk
  - ½ vanilla pod
  - 2 big egg yolks
  - 50g of caster sugar
  - 20g custard powder (or flour)
- Whip briskly



Add half of the boiling milk to the egg yolk mixture. Mix then put back to cook. Bring to the boil and cook for 5 minutes. Store in a cool place after applying contact film. Once the choux and the cream are cold, garnish the choux with bakery cream whipped beforehand.



#### BLUEBERRY FINANCIERS

Ingredients/Depending on mould capacity

- 360g of caster sugar
- 130g of ground almonds
- 135g of flour
- 4g of baking powder
- 3g of salt
- 12 egg whites
- 200g of butter
- 35g of stabilizer
- 125g of blueberry



Put the sugar, almonds, flour, yeast, salt and stabilizer in a mixing bowl. Then fold in the egg whites using a whisk. Clarify the butter. Filter it then add it to the mixture. Mold the financiers and add blueberries on the top. Bake at 180°C.



# CHEF'S TIPS



See the video with tips from the chef  
Folding the frittelle

### Hints about foie gras!

As foie gras keeps for easily 3 weeks in the refrigerator, don't wait until the last moment before Christmas to buy it. It is even better as all the savours mingle and it matures. And it costs less too !

### Recycle your gingerbread

Is your gingerbread 2 or 3 days old? Use it to create another tasty recipe! Slice it and dip the slices in sweetened egg mix. Lightly fry the slices in a non-stick pan. Serve warm with candied apples or quinces and a scoop of vanilla ice cream.

### Apple chips

Finely slice apples, leaving the skin on. Place them on greaseproof paper on a baking tray. Sprinkle with icing sugar using a small strainer or sieve. Place in the oven to dry for 1 hour at

90°C. After cooking, keep in a wellsealed box. This way you can use them to garnish your desserts whenever you like.

### The secret for perfect poached eggs!

Remember, your eggs must be absolutely fresh. Top tip: never salt the water; add white vinegar instead.

### Sublimate your Tome cheese in a Mille-Feuille

For parties, add truffles to your Mille-Feuilles. Great finger-food with pre-meal drinks!

**Soup is also good in summer!** Soup is very enjoyable in summer too!

Serve it cold with a delicious "freshened up" sauce ravigote. And serve it with a garlic salad to delight your guests even more.

### Tastier Fougasse!

Easy succulence: split your fougasse into two and garnish it with shrimp and mashed avocado. Bliss!

### Revive your tomatoes

Are your tomatoes a little tired? Use them in a gazpacho – everyone will love it!



# Terre de l'Alpe

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Many thanks to Mickey Bourdillat,  
chef of the Matafan restaurant in Chamonix Mont-Blanc.

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