



CREATE - EDUCATE - CELEBRATE

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French Tarts

with Chef Michele Sweeney

SWEET & SAVORY CLASSES

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If you plan on following along with Chef Michele, you will find what you need to purchase prior to class along with the equipment needed in class on the pages that follow. There will be pre class prep needing to occur prior to the start of our class. The recipes for this class will be provided Thursday evening to you via the email you register for class with. Zoom replays are hosted on the Epicurean Delights website and Chef Michele will email you how to access the replay once its available for viewing. Please check your spam folder if you do not receive the email in your main email box by Thursday evening. Chef Michele's sender email address is michelemsweeney@icloud.com incase you need to search your mailbox. Please add that address and michele@epicdelights.com to your address book to ensure prompt delivery of emailed information. If you do not receive the email by Friday morning please email Chef Michele to ensure she has the correct email address for you.

Menu

- Strawberry Purée & Strawberry Jam Filling
- Pastry Cream
- Vanilla Pâte Sucrée
- Fruit Glaze

Prior to Class Grocery Shopping & Equipment:

- Shop for items on the pages that follow. Email Chef Michele with questions.
- Check that you have all necessary equipment listed available to you. Email Chef Michele with questions.

Prior to the Start of Class Prep:

- Pre-measure (including cutting, chopping, mincing, juicing etc) all ingredients for each recipe and have them grouped together by recipe for class day. This will make it easier to follow along and ensure that you do not fall behind as your instructor will be working with pre-cut/pre-measured ingredients. You can pre-measure into ziplock bags or Tupperware or glass measuring containers. Chef Michele will be available via email to answer any questions you might have before the class. Please keep in mind that Chef Michele doesn't monitor email 24/7 so please ask your questions as far in advance as you can rather than last minute in order to allow yourself the time needed to shop, prepare etc.

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- You will need to make your Strawberry Jam Filling prior to class and keep it refrigerated until ready for use. And you will need to hull and slice your strawberries. A to-do list with detailed instructions for your prep, along with recipes and prep videos will be included with the Thursday email you will receive.

Zoom Meeting Information:

Time: PM Pacific Time (US and Canada)

Zoom Meeting Link: Will be provided five days prior to class.

Meeting ID: Will be provided five days prior to class.

Zoom Class Information:

- If you've never participated in a live zoom call or class, be sure you have Zoom installed on your computer prior to class. Test that Zoom works with your computer (just incase they have made any updates) and that your audio and video all work prior to class.
- This class will also be available to you via the Epicurean Delights Website as a Zoom replay. You can replay the video at your leisure and access all the recipes and content related to this class indefinitely.
- If you have questions about the class be sure to jot them down for answering during class or email Chef Michele with your questions.
- Check your email 30 minutes prior to class to ensure you have the Zoom Call in number and for any last minute messages from your instructor.
- Feel free to login to the Zoom call up to 10 mins in advance. See you in class!

Zoom Class Etiquette:

- Please feel free to disable your camera if you wish to not be visible on screen.
- Microphones will be muted/disabled during class. You can use the in class Zoom tools for raising your hand to ask a question. This is to ensure that the video screen doesn't bounce to you taking away from what Chef Michele is demonstrating to students. You may also use the chat box to ask questions and Chef Michele will read your question out loud and answer it. This will help us to stay on topic during class. There will be time before the start of the class, during the cleanup break and just before you eat to chat freely.

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- Please be sure you have all ingredients measured out. Chef Michele will reiterate the measurement as the ingredients are going into the recipe, however we are not able to stop the class to wait for you to measure out your ingredients due to the time limit of the class. Please be sure that you have all ingredients pre-measured unless otherwise indicated in your recipe packet and grouped by recipe so that you do not fall behind.



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Equipment Needed

Below is a list of tools you'll need for this class. Please email me with any questions you have. Often if an item isn't available to you I will have an alternate suggestion so please email me.

Bakeware/Dessert Dishes:

- 1 - Tart Pan with removable bottom. Note: Our dough recipe makes up to one 8" round. You can use pretty much any shape of tart pan as long as you have enough dough for it. If your pan is larger than 8" you will need to double your dough on class day. I will be using a rectangle tart pan that is 14" x 4.5 In. by Wilton. The middle of the tart pan is removable ensuring an easier removal of the tart shell after baking. It is also non-stick. This pan is available at any hobby store like Joanne, Michaels or Hobby Lobby. Sur La Table, Crate and Barrel, Williams-Sonoma, Target and Walmart also carry tart pans.
- ¼ Sheet Baking Sheet & ½ Sheet Baking Sheet
- Wire Cooling Rack
- Large Pot & Sauce Pan

Cookware

- Heavy bottom 3 quart pot

Cutlery

- Knives (pairing and general purpose kitchen knife)
- Cutting Board
- Scissors

Tools/Gadgets/Pastry Tools

- Mixing bowls
- Pyrex type cup for measuring liquid
- Dry measuring spoons
- Dry measuring cups
- Rubber spatulas for mixing
- Microwave safe bowl for heating chocolate
- Digital thermometer
- Kitchen scale
- Whisk
- Rolling pin
- Pie weights, dried beans or dried rice (1 ½ - 2 cups)
- Mesh sieve/strainer
- Pastry or silicone brush
- Sifter for sifting dry ingredients
- Off set or angled spatula
- Bench scraper (optional)
- Bowl scraper (optional)



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Appliances

- Oven & Cooktop
- Fridge Access & Freezer Access
- Microwave (melting chocolate)
- Kitchen Aid or Heavy Duty Hand Mixer & Mixing Bowl with Paddle & Whisk Attachments

Specialty:

- Parchment Paper
- Serving dish for building finished tart on
- (2) - 16 inch piping bags or you can use large ziplock bags

Other:

- Tall wide mouth cup
- Bowls for serving
- Plates for serving
- Utensils
- Clean Kitchen or Tea towel**
- Parchment Paper
- Plastic Wrap
- Tinfoil
- Paper towels



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Ingredient Shopping List

Below is a list of items you'll need for class. Please email with any questions.

Ingredients

Diary:

- 127g (9 tbsp) unsalted premium butter, softened (plus more to butter your tart pan)
- 108g (8 tbsp, or 1 stick) unsalted butter, softened and cubed
- 1 large egg (50 g)
- 184g egg yolks (up to 9 eggs needed depending on size)
- 533g (2¼ cups) whole milk

Produce:

- 700g (4½ cups) store-bought strawberry purée or make your own. You will need 4 ½ cups of fresh strawberries if making your own purée.
- 2 lbs fresh strawberries
- 30g (2 tbsp) lemon juice

Pantry Items:

- 4 ounces (114 g) apricot jelly or jam
- 81g (½ cup + 2 tbsp) confectioners' sugar
- 1 vanilla bean OR 3 teaspoons vanilla bean paste or extract
- 186g (1½ cups) all-purpose flour (plus more as needed for dusting)
- 47g (⅓ cup + 1 tbsp) cornstarch
- 1g (½ tsp) kosher salt
- 128g (⅔ cup) granulated sugar (fine/ bakers sugar)
- 200g (1 cup) sugar
- 48g (⅓ cup) cornstarch
- White or Chocolate Coating Chocolate (Also known as Coating Compound, Melting Wafers or Candy Melts. Brands that make these are Ghirardelli, Sweet Tooth Fairy, Wilton. Ghirardelli can be found in the baking aisle of the grocery store the others can be found at Michaels, JoAnn's, Ben Franklin or Hobby Lobby in the Baking & Cake Decorating aisle.)
- 24g (7¾ tsp) apple pectin (sold for making homemade jams and jelly)

Specialty:

- 20g (4 tsp) rum (optional)
- 2 tbsp orange liqueur (optional)

Other:

- Parchment Paper
- Plastic Wrap