

# Cake boy turns pie master

French baking maestro Eric Lanlard is famous for his sweet creations, but here he takes on savoury with top tarts and perfect pies. We reckon they're decidedly upper crust

PHOTOGRAPHS **KATE WHITAKER**  
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Fig, lardon and dolcelatte tart, p73



“I hope you’ll enjoy making these recipes. It’s important to use the best ingredients possible and to spend time mastering the basic shortcrust recipe – practice makes perfect pastry. Then you can have some fun and add your own twists... Creating and discovering new flavour combinations is all part of the enjoyment of cooking. Happy baking! ”

● French-born Eric Lanlard has made his mark on Britain with his hip London patisserie, *Cake Boy*, his cookery books and the hit Channel 4 show *Baking Mad*. For baking with flamboyance and panache, Eric is your man

## BASIC RECIPE

### \*Shortcrust pastry

MAKES 450G OR ENOUGH TO LINE A 23CM X 3CM TART TIN

TAKES 10 MINUTES TO MAKE, PLUS CHILLING

**FREEZE** ...for up to 3 months wrapped in cling film.

**ERIC'S TIPS** For a twist, add a few chopped fresh herbs – or even dried herbs – to the pastry dough.

To make a wholewheat pastry, use a mix of 125g plain flour and 125g wholewheat flour.

**250g plain flour, plus extra for dusting**

**1 tsp salt**

**150g unsalted butter, chopped into pieces**

**1 medium free-range egg, beaten**

**1 tbsp milk**

1. Sift the flour and salt into a large mixing bowl. Using your fingertips, rub in the butter until the mixture resembles fine crumbs. Make a well in the centre, then add the egg and milk. Again using your fingertips, mix to make a smooth dough.

2. Turn the pastry out on to a lightly floured surface and lightly knead 2-3 times. Wrap in cling film and chill for at least 30 minutes before using.

## Roasted red pepper and goat's cheese tart [v]

SERVES 6

TAKES 15 MINUTES TO MAKE, 55 MINUTES TO COOK

**ERIC'S TIP** To save time you can use a jar of good-quality roasted peppers.

- 3 red peppers (see tip)
- 1 garlic clove, crushed
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 2 tbsp balsamic vinegar
- 1 blind-baked shortcrust pastry case (see opposite page) in a 23cm x 3cm deep tart tin
- 200g goat's cheese (Sainte Maure, if possible), sliced
- 2 tsp chopped fresh thyme, plus extra sprigs to garnish
- 3 medium free-range eggs, beaten
- 150ml Greek yogurt

1. Preheat the oven to 180°C/fan160°C/gas 4. Cut the peppers into quarters and remove the seeds. Put the peppers in a roasting tray with the garlic, then drizzle over 1 tbsp of the oil. Roast for about 20 minutes or until soft. Set aside and leave the oven on.

2. Put the remaining oil in a pan over a low heat, cook the onion for 5 minutes until it softens, then add the balsamic vinegar. Cook for 5 minutes more until all the vinegar has reduced and you're left with an onion marmalade. Spread this over the base of the cooked pastry case. Top with the peppers, then the goat's cheese. Sprinkle with the chopped thyme.

3. Mix the eggs and yogurt together in a jug and season well with salt and pepper. Put the tart on a baking tray, then pour the egg mixture over the tart filling. Bake for 25-30 minutes or until the tart is set and golden. Scatter over thyme sprigs to garnish.

**PER SERVING** 588kcal, 39.9g fat (22.5g saturated), 18.4g protein, 38.7g carbs (8.6g sugars), 1.4g salt, 3.7g fibre

**AND TO DRINK...** A zesty but gentle sauvignon blanc from South Africa or France's Loire region will do the job.

## Individual game pies

SERVES 6

TAKES 25 MINUTES TO MAKE, 40 MINUTES TO COOK, PLUS CHILLING

**delicious.**  
**KNOW-HOW**

Brushing the pastry edges with beaten egg helps seal the parcel and stops the filling from oozing out.

- 800g mixed game meat, such as pheasant and venison, minced (use a food processor or ask your butcher)
- 2 red onions, finely chopped
- 150g smooth chicken liver pâté
- 1 garlic clove, finely chopped
- 2 tbsp port
- 50g plain flour, plus extra to dust
- 6 thin ready-made crêpes
- 2 medium free-range eggs, beaten
- 1kg ready-made all-butter puff pastry

1. Put the minced meat, onions, pâté, garlic, port and flour into a large bowl and mix together. Season well, then divide the filling into 6 equal-size balls and refrigerate, covered, for 1 hour.

2. Preheat the oven to 180°C/fan160°C/gas 4. Wrap each ball of game mixture in a crêpe (this will prevent the juices making the pastry soggy), then brush all over with some of the beaten egg. Divide the pastry into 6 even-size

pieces, then roll out on a lightly floured surface into large discs, big enough to enclose a ball. Put a wrapped meat ball in the centre of each piece of pastry. Brush the edges of the pastry with a little more egg, then wrap the pastry around the ball, enclosing it like a parcel. Put the parcels on 2 baking trays with the seals underneath.

3. Brush the pastry all over with the rest of the egg, then, using a sharp knife, carefully score curved lines from top to bottom, making sure not to pierce the pastry. Make a small hole in the top for steam to escape, then bake in the oven for 40 minutes or until the pastry is puffed and golden. Serve with fine green beans.

**PER SERVING** 926kcal, 52.2g fat (22.3g saturated), 49.3g protein, 58.4g carbs (4.4g sugars), 2.2g salt, 3.7g fibre

**AND TO DRINK...** Go for a fruity, supple New World pinot noir from Australia or New Zealand.

## Iberian chicken pie

SERVES 4-6

TAKES 10 MINUTES TO MAKE, 45 MINUTES TO COOK

- 15g butter
- 1 tbsp olive oil
- 500g free-range skinless chicken breast or boneless thighs, cut into large chunks
- 200g chorizo, sliced
- 2 garlic cloves, finely chopped
- 1 tsp cayenne pepper
- 2 tsp paprika
- 400g tin chopped tomatoes
- 1 tbsp chopped fresh flatleaf parsley
- 450g shortcrust pastry (see recipe, above left)
- Plain flour to dust
- 1 medium free-range egg, beaten

1. Heat the butter and oil in a frying pan, then fry the chicken over a medium heat until it starts to brown. Remove from the pan and put to one side. Add the chorizo slices to the pan and sauté for a few minutes until they start to release their oil, then add the garlic, cayenne and paprika and cook for a minute or so, stirring to ensure they don't burn. Add the tomatoes, >>



Roasted red pepper and goat's cheese tart

“ The goat's cheese cuts through the sweetness of the onion marmalade and roasted peppers – it's fab with a rocket, basil and toasted pine nut salad ”

delicious.  
KNOW-HOW

BLIND BAKING: FIVE STEPS TO A PERFECT PIE CRUST

A blind baked pastry case (sometimes called pre-baked) is one that has been partially baked without a filling so it can still cook and crisp thoroughly if the filling needs a shorter time to bake than the pastry. Blind baking also stops the pastry being made soggy by a moist filling.

- 1 Prick the base of the pastry case all over with a fork to stop the pastry bubbling up and out of shape.
- 2 Chill the pastry case in the fridge for at least 15 minutes to help stop it shrinking during baking. Preheat the oven to 180°C/fan160°C/gas 4.
- 3 Place a large piece of nonstick baking paper inside the pastry case, then fill with baking beans or uncooked rice. (Ceramic beans are available from the cookware department of large department stores, specialist cookware shops and some larger supermarkets.) Ensure the paper is touching the pastry, even at the edges.
- 4 Bake for 10-15 minutes for a large tart or 8-10 minutes for a small one until the pastry is cooked and opaque.
- 5 Carefully remove the paper and beans (or rice), then return the empty tart case to the oven for 10 minutes for a large tart, 4-5 minutes for individual tarts. When it's ready, the base will be sandy looking, dry and crisp, and the top edges of the pastry will be golden. Leave in the tin and continue with your chosen recipe.



Individual game pies



Iberian chicken pie

Pork and cider pie

“For me, growing up in Brittany, pork and cider was a classic – and what a great combination. I have reinvented this childhood favourite as a pie”



then return the chicken to the pan. Bring to the boil, then reduce the heat and simmer for 10 minutes.

2. Meanwhile preheat the oven to 180°C/fan160°C/gas 4. Stir in the parsley, season, then spoon into a 1.2 litre ovenproof dish. Roll out the pastry on a lightly floured surface. Brush the rim of the dish with some beaten egg. Cover the pie with the pastry, press the edges down to seal, then trim. Use the trimmings to decorate if you like – stick them on with a little beaten egg. Brush the pastry with more beaten egg, then bake for 25-30 minutes until golden.

**PER SERVING (BASED ON 6)**

612kcal, 29.1g fat (16.1g saturated), 30.8g protein, 56.7g carbs (3g sugars), 1g salt, 3.9g fibre

**AND TO DRINK...** Spanish reds are made for chorizo and paprika. Choose a Rioja crianza or pricier red from the Ribera del Duero region.

**Pork and cider pie**

SERVES 4

TAKES 20 MINUTES TO MAKE, 55 MINUTES TO COOK

**delicious.**  
**KNOW-HOW**

Stirring a paste of butter and flour (roux) into a sauce or casserole is a classic French technique for thickening liquid without it going lumpy.

- 2 tsp olive oil
- 500g British gammon steak, roughly chopped
- 1 red onion, finely chopped
- 2 granny smith or cox's apples, peeled, cored and diced
- 200g (2 medium) potatoes, diced
- 150ml dry cider
- 150ml chicken stock
- 2 tsp wholegrain mustard
- 2 bay leaves
- 1 tbsp finely chopped fresh thyme
- 15g butter, softened
- 1 tbsp plain flour, plus extra to dust
- 350g ready-made all-butter puff pastry
- 1 medium free-range egg, beaten

1. Preheat the oven to 180°C/fan 160°C/gas 4. Heat the olive oil in a frying pan. Add the gammon and

fry until lightly golden. Add the onion, apples, potatoes, cider, stock, mustard, bay leaves and thyme. Simmer for 5 minutes, then season with salt and pepper to taste.

2. Mix the butter and flour together in a small bowl to make a paste. Stir in a little of the gammon liquid, then stir the mixture back into the frying pan. Simmer over a medium heat until the sauce has thickened and become smooth and almost glossy.

3. Pour into a 1.5 litre pie dish (about 20cm x 15cm x 5cm). Roll out the pastry on a lightly floured surface to 5mm thick. Brush the rim of the dish with some of the beaten egg, cover the pie with the pastry, then trim off any excess. Press the pastry edges against the rim of the dish to seal, then brush the top with beaten egg.

4. Make a couple of holes in the centre of the pastry to let the steam escape, then bake for 35-40 minutes until the pastry is well risen and a rich golden colour. Serve with steamed vegetables glazed in butter and lots of rustic bread.

**PER SERVING** 703kcal, 35.7g fat (16.4g saturated), 50g protein, 52.2g carbs (11.8g sugars), 5.8g salt, 5.4g fibre

**AND TO DRINK...** Raise a glass of quality, dry English bottled cider for the champion match here.

**Fig, lardon and dolcelatte tart**

SERVES 8

TAKES 20 MINUTES TO MAKE, 1 HOUR TO COOK, PLUS CHILLING

**delicious.**  
**KNOW-HOW**

Crumbly textured pastry such as this can be hard to roll out. Roll between 2 sheets of baking paper, then it will be easier to transfer to the tin.

- 4-5 ripe figs, cut into quarters
- 2 tsp olive oil
- 100g lardons
- 150g mascarpone
- 2 medium free-range eggs, beaten
- 50ml milk
- 2 tsp chopped fresh thyme, plus extra sprigs to garnish
- 150g dolcelatte cheese, crumbled

**FOR THE PASTRY**

- 150g chilled unsalted butter, cut into pieces, plus extra for greasing
- 250g plain flour, plus extra to dust
- Pinch of salt
- 75g walnuts, finely chopped in a food processor
- 1 medium free-range egg yolk
- 1-2 tbsp chilled water

1. Lightly grease a 34cm x 12cm x 3cm deep tart tin or similar. To make the pastry, put the flour, salt and walnuts in a bowl, then rub in the chilled butter until the mixture resembles fine breadcrumbs. Stir in the yolk, then gradually add enough of the chilled water until the mixture comes together to form a firm dough. Shape into a rectangle, then wrap in cling film and chill for 15 minutes.

2. Roll out the dough on a floured surface (see Know-how) and line the tin with it. Prick the base all over with a fork, then chill for 30 minutes. Preheat the oven to 200°C/fan180°C/gas 6. Blind bake the pastry case according to the instructions on p71.

3. Arrange the figs over the base of the tart case, then bake for 10-12 minutes until they begin to soften. Heat the oil in a frying pan and fry the lardons until they just begin to colour, then set aside.

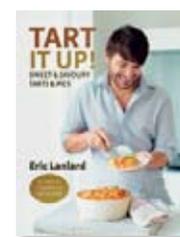
4. Put the mascarpone in a medium-size bowl and stir to soften, then add the beaten eggs and milk. Stir or whisk until you have a smooth mixture, season with a little salt and pepper, then add the chopped thyme. Scatter the cooked lardons and crumbled dolcelatte over the top of the softened figs, then pour over the mascarpone and egg mixture. Finally, sprinkle over some small sprigs of thyme and bake in the oven for 20-25 minutes or until the filling is set and golden. I like this tart served at room temperature, with some lightly dressed salad leaves.

**PER SERVING** 545kcal, 42.8g fat (22g saturated), 13.6g protein, 26.3g carbs (4g sugars), 1.5g salt, 2.2g fibre

**AND TO DRINK...** An oak-free, clean Italian white such as Gavi or verdicchio should do the trick. **d**

**NEXT MONTH**

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