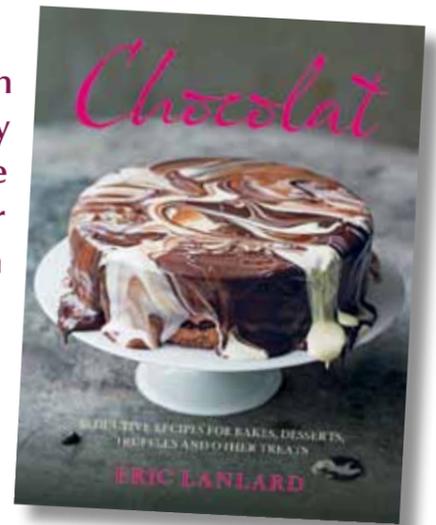




Eric Lanlard

Eric Lanlard has certainly made his mark in the UK both as a master French Pâtissier and a much loved celebrity chef. His career so far reads like a pastry chef fairytale having previously worked for the French Navy and for the Roux brothers and created masterpiece celebration cakes for the likes of The Beckhams and The Queen! He has changed the face of British Patisserie and has been rightfully twice crowned the winner of the prestigious 'Continental Pâtissier of the Year' at the British Baking Awards. With his renowned Cake Boy boutique, his popular tv shows, four published books and working as brand ambassador for baking mad it's a wonder he has anytime away from the oven. The release of his latest book *Chocolat* was a perfect excuse for us to put him under our spotlight!



When and why did you decide to become a pastry chef?

I knew that I wanted to be a pastry chef aged 6. I grew up in Quimper, Brittany, and I had decided at that young age where I was going to do my apprenticeship to learn to be a pastry chef.

Describe a typical day in the life of Eric Lanlard?

There isn't a typical day in the life of Eric Lanlard – that is what I love about my job.

The one thing that is fairly constant is that I am in my kitchen at Cake Boy at 5am every morning, and it's this part of the day that I enjoy so much. I will get in before the team and start preparing the counter for the morning's customers. Everything that we sell at Cake Boy is made on the premises. I love the fact that I work from the shop – the kitchen is at the back of the shop and customers get a thrill seeing me through the shop. I teach classes every week – cupcake classes – which are still

extremely popular – half a day and then a weekly full-day class. My day can be anything from creating recipes for brands and products, to dealing with private commissions, to doing press interviews to promote current projects. My new book *Chocolat* has just launched, so I've been kept busy with that. I have also created a new afternoon tea for the Jumeirah Carlton Tower Hotel. I have worked with them for almost two years and really enjoy working with their food and beverage

team to come up with a modern twist on afternoon tea. In the coming days, I will be setting sail for P& O Cruises where I will be doing some demonstrations of recipes for my forthcoming book and am about to go to South Africa to appear at the Food & Wine Show in Cape Town.. So all and all – very busy times, but I’m definitely not complaining!

In your career so far, what achievement are you most proud of?

There are so many things that I am proud of – I finished second best patisserie chef in France at the end of my apprenticeship. I am also very proud of Cake Boy – the shop and the cookery school. I had always dreamed of owning my own patisserie and Cake Boy is exactly as I dreamed it.

It’s laid back yet glamorous, and we always manage to create a buzzy atmosphere – whether people come in a for a cappuccino or a cupcake, a glass or champagne or an afternoon tea, we get lots of amazing feedback and customers very become regulars very quickly.

What has been your most memorable cake commission?

The most memorable cake commission has been a ‘round the world’ cake commission that we were asked to do to celebrate someone’s birthday. The cake took over a week to make and included a world atlas, several Luis Vuitton trunks and various other icons to depict the couple’s round the world adventures. The end result was pretty impressive.

“I had always dreamed of owning my own patisserie and Cake Boy is exactly as I dreamed it.”

Do you have a favourite dessert?

My favourite dessert is one that I make at home for my guests – my golden rule is that I never take anything home from the Cake Boy kitchen when entertaining and it’s a Pear Tarte Tatin – served with crème fraiche.

Which Kitchen Gadgets could you not live without and why?

I think scales really – first rule of baking is to be accurate and weight everything. Also, I think an oven thermometer and of course the ubiquitous food mixer.

If you could bake for anyone who would it be any why?

Probably Catherine Deneuve – she is so elegant and glamorous – a true movie star and Desmond Tutu – such a wise man and full of humour – I would love to be able to sit down with them both for an afternoon tea.

Can you give us your top 5 baking tips?

1) Follow the recipe and don’t be tempted to go off piste, baking is a science

2) Use the best ingredients that you can – use real butter – unsalted, golden caster sugar – it will improve the flavour of your baking and pure vanilla extract or paste

3) Check your oven temperature – use thermometer – oven temperatures vary from manufacturer to manufacturer,

4) Make sure that all of your ingredients are at room temperature

5) Practice makes perfect – if it goes wrong don’t let it put you off – try again – and remember even if the recipe does not come out looking like it should, if you have used quality ingredients it will taste good.

Does your life totally revolve around cakes or do you have another passion?

I love travel and have been lucky enough both professionally and privately to have seen lots of the world. Although the cake business does take up a lot of my time – it’s a passion, so I enjoy it, and it doesn’t feel like a chore.

Are you excited about your trip to space aboard the Virgin Galactic?

I’m really excited about the trip to space aboard the Virgin Galactic – it’ll be an adventure that’s for sure. It will be amazing to be a pioneer for commercial space travel – it’s every boy’s dream.

What inspired your latest book Chocolat?

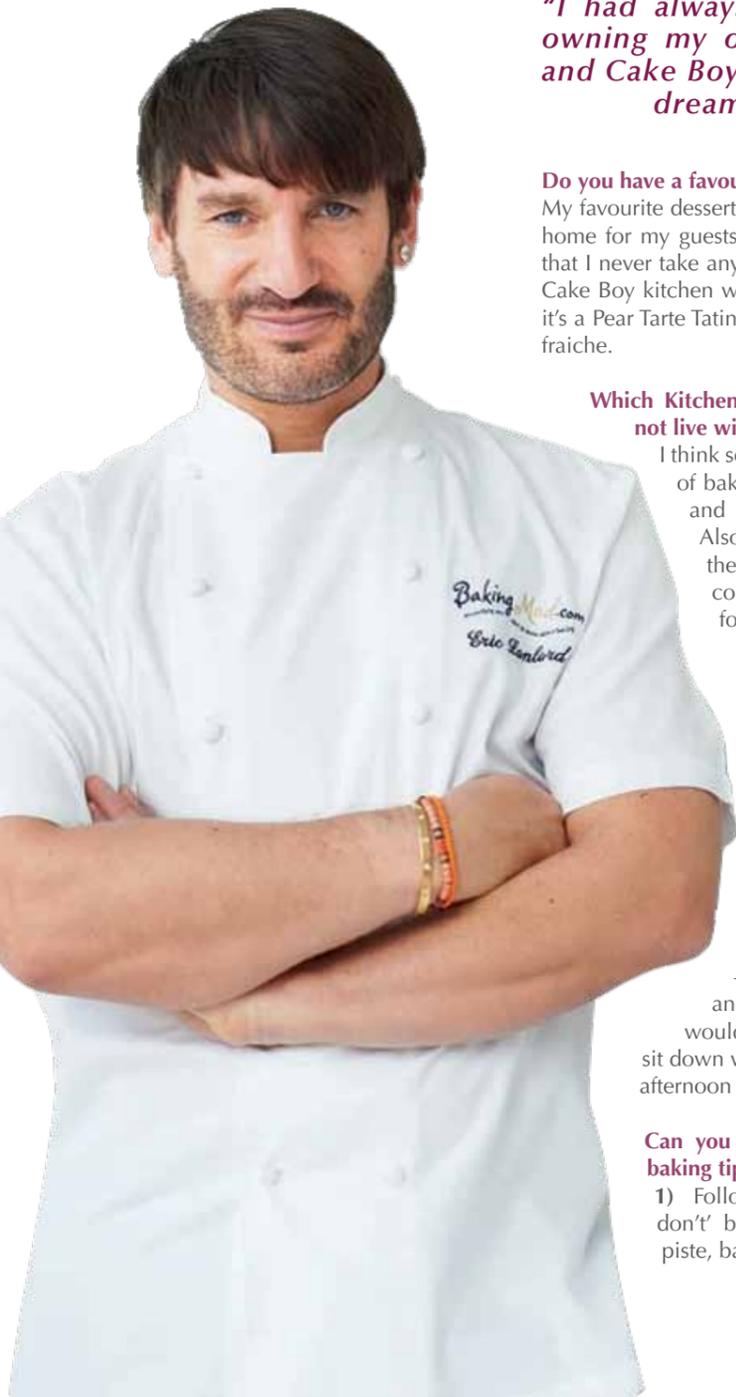
Chocolate is my favourite ingredient to work with – it honestly is food of the Gods. I am a trained chocolatier and chose the patisserie where I did my apprenticeship in France because they made their own chocolate. I love the versatility of chocolate, and it was a natural progression for me to what to do a book dedicated to this wonderful ingredient.

What to you makes someone a Kitchen Goddess?

A Kitchen Goddess or God is someone who bakes from the heart!

What’s next on the menu for Eric Lanlard?

Next on the menu for me is a lot of overseas visits namely to promote Baking Mad series two which although was launched in the UK early last year is going to be launching in South Africa and the Far East in the coming months. I’m also in the process of developing a recipe App- so watch this space.



Proper Black Forest

I know this cake has got a bit of a kitsch reputation but when done properly it is extremely delicious and light, and will take you on a trip down memory lane.

SERVES: 6 | **PREPERATION TIME:** 45 minutes, plus cooling | **COOKING TIME:** 30–35 minutes

150g (5oz) block of dark chocolate
3 tbsp raspberry preserve
40 black cherries, pitted (or tinned cherries, drained)
icing sugar, for dusting

For the sponge:

150g (5oz) unsalted butter, melted and cooled, plus extra for greasing
6 eggs
1 tsp vanilla extract
250g (8oz) golden caster sugar
50g (2oz) cocoa powder
100g (3½oz) plain flour

For the syrup:

200ml (7fl oz) water
175g (6oz) golden caster sugar
2 tbsp kirsch

For the kirsch cream:

750ml (1¼ pints) whipping cream
75g (3oz) golden caster sugar
2 tsp vanilla extract
3 tbsp kirsch

1. First make the sponge. Preheat the oven to 180°C (fan 160°C)/350°F/gas mark 4. Grease 3 x 22cm (8½in) diameter sandwich cake tins and line the bases with baking paper.

2. In a large bowl, whisk the eggs, vanilla and sugar together using an electric hand whisk until thick and the whisk leaves a trail when lifted above the mixture. Sift the cocoa powder and flour together, then fold in. Stir in the melted butter.

3. Divide the cake mixture between the prepared tins and bake in the oven for 20–25 minutes, or until springy to the touch. Leave to cool in the tins for 5 minutes, then turn out on to a cooling rack to cool completely. Meanwhile, shave the block of chocolate either by using a potato peeler or by carefully scraping the blade of a large kitchen knife across the surface of the chocolate. Leave the chocolate shavings in the refrigerator until required.

4. To make the syrup, put the water and sugar in a saucepan and bring to the boil, then boil for 5 minutes. Leave to cool, then add the kirsch.

5. To make the kirsch cream, whip the cream and sugar to firm peaks, then fold in the vanilla and kirsch.

6. To assemble the cake, level the tops of the sponges, if necessary, using a sharp knife. Place a little kirsch cream on a serving plate and secure one of the sponges on top. Brush the sponge with some of the syrup, then spread over the raspberry preserve. Sandwich together with a second sponge and brush again with the syrup. Spread over a thick layer of the kirsch cream, about 1cm (½in) deep. Cover with the cherries, reserving 8 for decoration. Spread a little more cream over the cherries to secure them, then top with the final sponge, upside down, to give an even, flat surface. Brush with the remaining syrup.

7. Spoon a quarter of the cream into a piping bag fitted with a large star nozzle and set aside. Using a palette knife, cover the top and sides of the cake with the remaining cream. Carefully stick the chocolate shavings all over the sides of the cake with the palm of your hand. Pipe around the edge of the cake and 8 swirls in the middle, then place the reserved cherries on top of the swirls. Serve dusted with icing sugar.

*Recipes taken from **Chocolat** by Eric Lanlard
Published by Mitchell Beazley
Photos by Kate Whitaker*



Iced Berries with White Chocolate Sauce

SERVES: 6 | **PREPERATION TIME:** 10mins | **COOKING TIME:** 5mins

500g (1lb) mixed frozen berries
For the sauce
150ml (¼ pint) double cream
150g (5oz) white chocolate, roughly chopped
1 tsp vanilla extract
2 tbsp white rum (optional)

1. Put the frozen berries into the refrigerator 1 hour before serving so they soften but are still icy.

2. To make the sauce, put the cream, chocolate and vanilla into a small saucepan and heat gently, stirring continuously, until the chocolate has melted. Leave to cool for 2 minutes, then stir in the rum.

3. Divide the berries into 6 shallow bowls and pour over the hot sauce. Serve immediately before the fruits completely defrost.

Tip: Use a mixture of blackberries, blueberries, raspberries and redcurrants for a perfect summer dessert.

*Recipes taken from **Chocolat** by Eric Lanlard
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Photos by Kate Whitaker*

