



## **Ingredients, Alternatives, Adaptations & Equipment**

### **Lunch In Southern France**

#### **Provençal Onion Tart (Pissaladiere)**

200g puff pastry  
500g onions  
1 tbsp olive oil  
1 small clove garlic, chopped  
1 tsp chopped thyme  
3 tsp chopped parsley  
Pinch of sugar  
½ tin anchovy fillets  
Black olives

#### **Alternative & Adaptations**

Pastry – try to get all butter puff pastry, it tastes nicer.  
Onions – can be red or white  
Garlic, thyme & parsley – can be dried  
Anchovies – substitute jarred roasted red pepper if you don't like or can't eat.  
Black olives – can be any kind

#### **Salade Nicoise**

2 eggs  
50g green beans  
1 small green pepper  
3 medium on the vine tomatoes  
1 spring onion  
2 radishes  
2 – 4 anchovies  
A few basil leaves  
Handful of black olives  
1 clove garlic  
Drizzle of olive oil

#### **Alternative & Adaptations**

Green beans – could also be fresh or frozen broad beans or sliced runner beans  
Spring onion – chives or fennel would be fine  
Anchovies – substitute jarred roasted red pepper or sundried tomatoes.  
Black olive – could also be green  
Basil – mint, parsley or chives would also work

#### **Pear & Hazelnut Clafoutis**

Butter for greasing  
45g hazelnuts  
1 egg  
15g plain flour + extra for dusting  
Pinch of salt  
25g caster sugar  
½ tsp vanilla essence  
65ml milk  
2 small ripe pear, or 1 large  
Icing sugar to dust

#### **Alternative & Adaptations**

Hazelnuts – almonds would be fine. If you don't want any nuts, miss them out, but add 20g extra flour.  
Milk – can be skimmed, semi skimmed or whole

## Equipment

Chopping board

Knife

baking sheet

pastry brush

medium heavy based pan

Steamer or small pan with a lid, this will also be used for boiling eggs.

Small pan or tray for roasting hazelnuts

Small Grinder, electric or manual for grinding nuts

400ml oven proof dish or 2 x 200ml ramekins

Peeler

Small sieve for icing sugar.

2 flat serving plates