

Learn to cook classic French cuisine beside the Canal du Midi

www.canaldumidicooking.com www.facebook.com/canaldumidicookingclasses

PETITE CAKE SALE AU VIN BLANC

To serve four

Ingredients:

150 g of self-raising flour Pinch of salt

75 ml of a robust fruity white wine (like Chablis or Chardonnay)

2 eggs beaten

2 tablespoons of a fruity olive oil

75 g of pitted chopped green or black olives

100 g of sun-dried tomatoes (reconstituted in water or if using tomatoes in oil – replace the olive oil with the oil from the jar), finely chopped

100 g of strong cheese (we use a goat's and sheep's milk mix, cheddar is just as good)

A few pumpkin seeds, or chopped walnuts or pistachio nuts to taste

IF you mention the word "cake" to a French person – they will immediately think "savoury".....black or green olives; bacon lardons; chopped goat's cheese; gruyere – all are popular in this most versatile recipe – (the French have never heard of lemon drizzle or Victoria sandwich – although they are quite partial to a bit of fruit cake!)



Savoury cakes are quick and easy, and very adaptable. They can be used as a vegetarian main course as we have shown here – or for apero or as a starter served with a little salad, and they form an agreeable light lunch.

We "ice" our cake with a feathery light goat's cheese and chive mousse and top it with some little confit tomatoes to make a filling and quite rich vegetarian lunch. You can toast any leftover cake in small slices to serve with your apero!

Method:

Heat the oven to 190C.

Sift the flour and salt into a jug.

Whisk in the beaten eggs.

Add the wine and olive oil and mix thoroughly.

Combine the other ingredients.

Grease a baking ring, or small loaf tin for individual serves (or a larger 500 g loaf or cake tin if you prefer to slice the cake).

Bake at 190C until a skewer comes out clean and the cake has shrunk away from the sides of the tin. Allow to cool a little before serving.

Optional presentation

Slice cherry tomatoes across the middle, sprinkle with salt, thyme and some icing sugar and bake at 50C-80C for an hour or so until dried out to intensify the flavour.

Pipe or top with fresh goat's cheese mixed with chopped chives and top with the confit cherry tomatoes.

Variations:

If you follow the same quantities of the basic ingredients you can adapt the flavour: black olive and sundried tomato and pumpkin seed is our favourite – hard goat's cheese, prune and pistachio is also popular.

Any dry cheese added to chopped green pepper and green olives is good with some dry sherry cut into little slices and toasted for apero. Always try to add something crunchy like pumpkin seeds, walnuts, or other chopped nuts and make sure you have a good balance of dry to wet fillings.

Meat eaters will add lardons and these added to mushrooms and cheese make a great breakfast alternative!

Brick* Pastry Rings

To give the cake a 'crunch' you can make a ring of Brick pastry to serve around the cake. You could also fill it with any ingredients to support your meal such as the artichoke and sun-dried tomato paté we use in our chicken ballotines.

Cover the outside of a metal ring in baking paper. Use spray oil to help the paper 'stick' to the ring. Cut strips of Brick pastry the same width of the ring. Spray with oil and gently roll two or three layers of the pastry around the ring. Overlap slightly to seal each layer. Cut another strip of baking paper twice the width of the ring and wrap it around the ring to hold the pastry in place for baking. Tuck the paper into the ring to hold it in place.

Bake at 180C for 10 minutes. Remove from the over and carefully remove the outer paper. Then slide the pastry ring off the metal ring.

If you are adding filling preheat the filling and place in the ring or place the cake in the ring.

* Brick pastry is a wafer-thin pastry, originating from the Maghreb region in North Africa