

the french tarte

the sweet taste of france

MADELEINE/SHELL SHAPED TEA CAKES

For approximately 28 standard size 3" cakes

- 162 g / 1 ¼ cup all purpose flour (can sub in ¼ cup whole wheat pastry flour if desired)
 - 5 g / 1 teaspoon baking powder
 - pinch of salt
 - 170 g / ¾ cup unsalted butter cut in chunks
 - 21 g / 1 tablespoon honey
 - 4 large eggs
 - 150 g / ¾ cup granulated sugar
 - 30 g / 2 ½ tablespoons packed light brown sugar
 - zest of one lemon (or citrus of choice)
 - confectioner's sugar for dusting
 - OPT: make lemon simple syrup with 60 ml / ¼ cup lemon juice and 50 g / ¼ cup sugar brought to boil in a small saucepan (for brushing on the cakes once out of the oven).
1. Heat the oven to 200C / 400°F and place two half sheet pans in the oven to heat.
 2. Butter and flour your madeleine pans and hold them in the fridge.
 3. In a small saucepan or a small microwave safe bowl heat the butter and honey on low until the butter is melted. Set aside.
 4. In a separate mixing bowl mix flour, baking powder and salt.
 5. In another bowl whisk the eggs, the two sugars and zest; add ½ the butter/honey mixture and blend.
 6. Add the flour mixture and the second ½ of the butter/honey and blend until smooth.
 7. Refrigerate for at least an hour or overnight. (NOTE: good make ahead batter!)
 8. Fill the *madeleine* wells about ¾ full, either with a scoop or a piping bag and immediately place onto the heated pans in the oven.
 9. Immediately lower the oven to 190°C / 375°F and bake about 10 minutes until set and golden.
 10. Once out of the oven gently tap the cakes out of the pans onto a cooling grid. Brush with warm lemon syrup if desired and cool OR cool and dust with powdered sugar.

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Madeleines are best enjoyed fresh. Once cooled they may be frozen well wrapped for several weeks. Before serving thaw and warm for 5 minutes in a low oven.

A FEW TIPS AND TRICKS

I highly recommend classic tinned metal *madeleine* molds. The lighter, shiny surface makes for more even baking. Even molds that are “non-stick” should be well buttered and floured or the cakes may indeed stick. The “non-stick” molds also have a darker finish and the cakes may brown more quickly than you anticipate.

When making these lovely cakes, think COLD batter and molds going into a HOT oven and onto HOT sheet pans. This helps the batter rise giving you that signature hump.

Thus the batter should be made ahead and chilled for at least an hour or preferably overnight. Great for planning ahead!

While the classic shell shape is standard for a *madeleine*, the batter can be baked in any shape/size mold. Just remember that with a larger mold the baking time will be a bit longer.

One can create a number of flavor variations both sweet and savory:

- Add your choice of citrus zest (or a combo!)
- Add 75 to 113 g / 2.6 to 4 ounces melted chocolate to the base batter (10-15% of the total base batter by weight)
- Add a dollop of your favorite nut paste, tahini or some instant espresso powder
- Add in finely chopped nuts, dried fruit, sesame or poppy seed
- Blend in with the flour a teaspoon or two of raspberry or strawberry powder for both color and flavor
- Brush finished cakes with simple syrup like lemon, orange, lime, vanilla or coffee
- Dip the ends of cooled cakes in *ganache* and let set
- For savory options replace $\frac{1}{4}$ of the flour with cornmeal, any nut meal or alternate flours like quinoa, buckwheat, amaranth; also reduce the granulated sugar to 100 g/ $\frac{1}{2}$ cup and change the honey to olive or sesame oil; added grated cheese and/or herbs of choice.

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