

Ask Stuart

An irregular recipe or food for thought, if you have any favourite recipes let us know.

Bavarois - is the French name for Bavarian [cream](#), it is a delicate cream dessert with a crème Anglaise base made from either milk, cream or a fruit puree and then aerated with whipped cream and whipped [egg whites](#) before being set in the refrigerator with gelatin. It may be a straight vanilla or combined with additional flavourings; such as chocolate, coffee or liqueurs, served on its own as an individual dessert or as a filling for a variety of charlottes, tortes, cakes etc.

BOULANGER (*POTATO GRATIN*) OR BOULANGERE POTATOES - This dish is supposed to get its name from a time in France when wood for cooking was in short supply, so the villagers would take their potatoes in pots along to the local boulanger and have him cook them in the bread oven at the same time as the bread was cooking. I don't know how accurate that story is, but it sounds good.