

YUMMY NORTHWEST

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NEW YEAR, NEW FOOD

Many New Year's resolutions traditionally include weight loss. The average person gains seven pounds during the long year-end holiday season.

But this year, **Yummy Northwest** urges readers to make a renewed resolution to enjoy good food. It doesn't have to be expensive, nor must it be calorie-laden. Good food is fresh, delicious, fun.

Setting a fine example is Kate, whose exuberant bakery tour is described below. Seattle bakeries offer all their best to Seattle eaters. Resolve to visit one this month.



Bakeries, ho!

Kate F., Seattle, Wash., **Yummy Northwest** reader and self-described bon vivant, loves bakeries. Ask her to show you around her neighborhood and she will urge you to hop in her car, and off you go.

First stop is across the street from her Capitol Hill house. **North Hill Bakery** is the place to find *pain au chocolat* most mornings. Their straightforward, no frills chocolate cake brings joy to those searching for old-fashioned goodness.

Down the hill, just before crossing the University Bridge and tucked next to a florist, **Le Fournil** provides French baked goods of a most delightful nature. Crusty breads, croissants and pastries beckon. The Opera Cake (see page 2) is a delicate



How do you find it?

Here is contact information for the bakeries mentioned in the accompanying article.

Arosa – "The Waffle Café"
3121 E. Madison, Suite 101
Seattle, Wash. 98112
(206) 324-4542

Biofournil French Bakery
2507 4th Ave. (near Wall)
Seattle, Wash. 98121
(206) 728-1874

Le Fournil French Bakery
3230 Eastlake Ave. E.
Seattle, Wash. 98102
(206) 328-0287

North Hill Bakery
518 15th E.
Seattle, Wash. 98112
(206) 325-9007



blend of coffee cream and chocolate that goes down easily with a sip of espresso.

On to Fremont to be reminded that the **PCC** (Puget Consumers Coop) is a good source of natural and organic food of every kind, including the baked variety. Kate is health conscious, as we all should be.

Belltown, near downtown Seattle, is home to increasingly more bakeries, much to Kate's delight. She's from New York and has fond memories of the multitude of bakeries she had to leave behind.

Biofournil French Bakery creates *pains au levain a l'ancienne* – breads and pastries made the old-fashioned way with natural leaven and organic ingredients. You won't need butter for their roasted-garlic bread which, like the other loaves, can be bought in large or small sizes.

The destination for this day is the **Arosa Café** in Madison Park. Throughout the tour Kate periodically mentions their waffles, but on arrival she first buys a panini sandwich and sips a soy mocha. She says she heard about the Arosa on a blog that rated their hot chocolate best in the city.

Yummy readers will read more about Arosa hot chocolate in March, but be assured it is exquisitely delicious.

Kate waits for fresh waffles to come off the grill; the previous batch sold out while she was eating her sandwich. These snack-sized treats are lightly glazed with sugar and best eaten warm.

On the way home, Kate points out that there are still many unvisited bakeries in her neighborhood, which you can now see encompasses the entire city of Seattle. She sighs a little and nibbles at her waffle. The next tour is already playing through her mind.

The following recipe will challenge those who enjoy spending time in the kitchen. Readers who prefer to buy their pastries will appreciate the intricacies of this rich, elegant cake, which can be purchased at Le Fournil. Thanks to www.scena.org (May 2002) for the recipe and text that follow. The original Web page is at <http://www.scena.org/lsm/sm7-8/cake.html>.

Opera Cake

Traditionally the word "Opera" is written on the cake. Certain pastry chefs would rather cover the cake in black or white chocolate in which musical instruments or notes are imprinted. Others choose an edible gold leaf cover giving the dessert a more theatrical touch. Jacques Torres, a star pastry chef at New York's chic Le Cirque restaurant, serves the cake with a small, 10 cm-high chocolate stove. The waiter then takes two tiny chocolate pans from the two "burners" on the stove and pours a fruit sauce directly on the cake.

Gioconda biscuit

125 grams powdered almonds
125 grams sugar
30 grams flour
4 egg yolks
4 egg whites
20 grams sugar
25 grams butter

Coffee buttercream

200 grams sugar
70 grams water
2 eggs
15 grams instant coffee
200 grams unsalted butter, softened

Chocolate ganache

150 grams heavy cream
5 grams instant coffee
200 grams bittersweet chocolate

Glaze

80 grams bittersweet chocolate
80 grams heavy cream

Gioconda biscuit

Whip together the almonds, 125 grams sugar, flour and egg yolks for about 15 minutes. Beat the egg whites and remaining sugar until stiff. Gently add the egg whites to the rest of the mixture using a spatula to blend. Melt the butter, let cool and add to the mixture. Spread the



Bake mine delicious

The Seattle phone book lists over 150 bakeries. Several are familiar to long-time residents: Gai's (founded in 1932; now owned by Franz Bakery of Portland), Grand Central Bakery (1972), Seattle Baking Company (1992), Essential Baking Company (1994).

These three Seattle bakeries, all women-owned, serve memorable sandwiches in addition to their baked items:

Macrina Bakery
Belltown
(206) 448-4032

Two Tartes Bakery
Georgetown
(206) 767-8012

Three Girls Bakery
Pike Place Market
(206) 622-1045

Find your own favorite spot through Citysearch (www.citysearch.com) or Seattle Bon Vivant (www.seattlebonvivant.typepad.com).



preparation on parchment paper on a baking sheet. Cook at 250°C [475°F] 5 to 7 minutes. Remove the biscuit from the baking sheet as soon as it comes out of the oven.

Coffee buttercream

Cook the sugar in 70 grams of water until it reaches the "soft ball" stage. Add 1 whipped whole egg and one yolk to the sugar mixture. Whip the mixture until it cools down. Gradually add previously softened butter and continue whipping. The mixture should double in volume and whiten. Add 15 grams of coffee dissolved in a small amount of water.

Chocolate ganache

Bring the cream to a boil with 5 grams of instant coffee. Blend in the chopped chocolate. Allow to cool.

Building the cake

Divide the Gioconda biscuit dough into 3 equal parts. Spread the ganache on a first layer of dough. Cover with the next layer, garnishing with the coffee buttercream. Cover with the last layer. Cool. Chop up the chocolate for **glaze** and mix with the cream. Bring to a boil. Pour glaze over the cake.



Essential Bakery makes this version for PCC markets.
photo: Mary Rosewood

About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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