

# Author in the House presents...



Gale Gand is a pastry chef and was a founder and partner in the Michelin two star restaurant, Tru, in Chicago. She hosted Food Network's long running show "Sweet Dreams", is the author of 8 cook books, and worked with Julia Child on her book and PBS series, "Baking with Julia". Gale teaches cooking classes all over the country and is an artisanal soda pop maker producing Gale's Root Beer which is sold nationally. She has received two James Beard Awards, has been inducted to the Chicago Chefs Hall of Fame and was schooled in Paris at La Varenne. Gale appears at many Food and Wine festivals across the country and is a professional Pie and Food Competition Judge. She is the mother of 3 and plays the ukulele. For more info on Gale go to: [www.galegand.com](http://www.galegand.com)

## **Chocolate Mousse by Chef Gale Gand**

Makes 12 servings

6 ounces bitter sweet chocolate, broken up

2 ounces unsweetened chocolate, broken up

2 cups heavy cream

1 cup egg whites

1 cup sugar

In a large bowl over simmering water, melt the chocolate then take off the heat to cool slightly.

Meanwhile, whip the cream to stiff peaks and refrigerate. Then whip the whites till soft peaks, drizzle in the sugar and continue whipping till glossy and the sugar has dissolved. Add 1/3 of the whites to the cooled chocolate and whisk them in quickly and thoroughly. Add a second third of the whipped whites and fold them in till most of the streaks are gone. Add the final third and continue to fold till a few streaks remain. Then add all the whipped cream and fold it in. Pipe into serving glasses and chill.

## **Lavender Short Bread by Chef Gale Gand**

Makes 15 to 20 pieces

8 tablespoons (1 stick) cool unsalted butter, cut into pieces

¼ cup plus 2 tablespoons sugar

1 cup all-purpose flour

¼ cup cornstarch

¼ teaspoon salt

1 ½ tablespoons dried or fresh lavender flowers

Heat the oven to 350 degrees.

Cream the butter until soft in a mixer fitted with a paddle attachment. Add the ¼ cup sugar and mix until incorporated. Stir together the flour, cornstarch, and salt in a medium bowl. Add the dry ingredients to the butter mixture and mix at low speed just until the ingredients are almost incorporated, then add the lavender and mix until the dough starts to come together. Flour a work surface, turn the dough onto it, and knead it 5 to 10 times, to bring the dough together and smooth it out.

Reflour your work surface. With a rolling pin, roll the dough out to a little less than ¼ inch thick fit the 8 X 10 inch baking pan lined with parchment. Prick the shortbread all over with a fork, or use a pique-vite (dough docker) if you've got one, to prevent any buckling or shrinking. Sprinkle the surface evenly with 1 tablespoon of the remaining sugar.

Bake for 10 minutes. After 10 minutes, deflate the dough by knocking the pan once against the oven rack then rotate the pan to ensure even cooking and a flat surface. Bake 10 to 15 minutes more, until very lightly browned. As soon as it comes out of the oven, sprinkle the surface evenly with the remaining tablespoon of sugar. Let cool about 5 minutes. Using a sharp knife, cut into three rows by 5 rows making about 1 ½ -inch x 3-inch bars. Let cool completely in the pan. Remove from the pan and store in an airtight container for up to 1 week.

