

**AT HOME WITH MADAME CHIC**

**BECOMING A CONNOISSEUR OF DAILY LIFE**

**BY JENNIFER L. SCOTT**

## **The Pleasures of the Morning**

### **Rooibos Tea Latte**

*Mma Ramotswe (from the No. 1 Ladies' Detective Agency books) would not approve of this drink, as she prefers her rooibos without embellishment, but I sure get a kick out of this version.*

- Almost boiling water
- Loose leaf rooibos tea (1 heaping teaspoon per person)
- Soy, almond, or hemp milk, warmed
- Honey or stevia (if you like it sweet)

In a kettle, get your water to almost boiling, then pour into a teapot. Spoon in your rooibos tea proportionate to how many people will be drinking it. Let it steep for five minutes. Pour the tea into cups, using a strainer to keep the tea leaves out of your cup. Pour in your warm milk of choice (my favorite with this is almond milk). If using sweetener, add it here. Use a frothing stick to froth to a delightfully effervescent texture. Enjoy. (Check out my Rooibos Tea Latte tutorial on YouTube for a visual guide to making this lovely drink.)

### **Chai Tea Latte for One**

*I often have this in the autumn months.*

Take 1 tea bag of Assam (black) tea, or a small spoonful of loose tea leaves. Place it in a small pan with 1 cup of water, half a cinnamon stick (those things are expensive, so cut it in half), a pinch of cardamom, a pinch of ground ginger, and 1 clove. Boil for 2–3 minutes. Then add a cup of almond milk (or whatever milk you prefer) and a teaspoon of sugar. Bring to a boil again. Pour through a strainer into a mug. Enjoy!

### **Chai Tea Latte for Two or Three People**

- 2 cups water
- 2 black tea bags or 2 heaping teaspoons of loose leaf black tea
- 1/8 teaspoon each of ground ginger and cardamom
- 1 cinnamon stick
- 1 whole clove
- Up to 1/4 cup of sugar (depending on how sweet you like it) or 2 tablespoons honey or a packet of stevia

- 2½ cups of almond, soy, or cow's milk (I like to use Califia Farms's Coconut Almond Milk)

Add the water, tea, and spices to a saucepan. Bring to a boil for 5 minutes. Add sugar. Add milk and return to a boil (but don't let it boil over). Strain into teacups and enjoy.

### **Green Smoothie**

- 1 cup water
- 3 stalks celery, chopping (if you don't have celery, you can still make this, just add more spinach)
- 1 pear or apple, chopped
- 1 banana (put in a frozen banana for a milkshake consistency, or if you're out of fresh bananas)
- Half a head of lettuce (butter, romaine, or the spring mix from the grocery store. Avoid arugula, herb lettuce mixes, or iceberg lettuce)
- Two handfuls chopped spinach or chopped kale (if you don't have spinach, use a whole head of lettuce. If you don't have lettuce, use only spinach)
- One packet of stevia

Put it all in the blender and blend till smooth. Delicious.

### **Morning Green Shake**

- 1½ cups water
- 1 serving greens powder (a wide variety can be found at a health food store)
- 1 large ripe banana
- 1 heaping tablespoon almond butter
- 2 teaspoons raw honey

Place all ingredients in a blender and mix until smooth. Serves 2.

## Sour Cream Coffee Bundt Cake

- Flour-coated baking spray
- 1 cup butter, room temperature
- 2 cups sugar
- 2 eggs
- 1 cup sour cream
- ½ teaspoon vanilla extract

Sift together:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ⅛ teaspoon salt

Filling:

- ⅓ cup all-purpose flour
- ½ cup packed brown sugar
- 2 tablespoons melted butter
- 1 teaspoon ground cinnamon

Preheat the oven to 350 degrees F. Spray a bundt pan with flour-coated baking spray. In a large bowl, cream together 1 cup butter and the sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream and vanilla. Mix in 2 cups flour, baking powder, and salt.

To prepare the filling: in a medium bowl mix ⅓ cup flour, brown sugar, 2 tablespoons melted butter, and cinnamon.

Pour half of the batter into the pan. Sprinkle the brown sugar filling evenly over the batter. Pour the rest of the batter on top of the filling.

Bake 40–45 minutes or until a toothpick inserted in the thickest part of the cake comes out clean.

## The Pleasures of the Afternoon

### **Fancy Parisian Fruit Salad**

*Madame Chic made this fruit salad for both her family and special guests. Served in a footed crystal bowl, this refreshing dessert makes a spectacular grand finale. Here is my take on her recipe.*

- 6–8 cups chopped fresh fruit (any combination of the follow: strawberries, bananas, grapes, kiwi, mango, oranges, raspberries, blueberries, pear, apple)
- ¼–½ cup Grand Marnier (depending on how strong you'd like the orange liqueur flavor and how much fruit you use)
- ¼ cup orange juice
- 1–2 tablespoons granulated sugar
- Chopped mint for garnish

Peel and chop your fruit, keeping all pieces at a consistent size. Place fruit in a decorative bowl. Pour Grand Marnier and orange juice on top of the fruit. Sprinkle the sugar over the mixture. Mix well. Scatter chopped mint lightly over the top. Serve on pretty plates.

### **Blueberry Cake**

- ½ cup butter, room temperature
- ½ cup sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 egg yolks
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ⅓ cup milk
- 1½ cups fresh blueberries
- 2 egg whites
- ¼ cup sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon sugar

Preheat oven to 350 degrees F. Grease and flour an 8-inch baking pan. Cream the butter and ½ cup of sugar. Add vanilla and salt. Separate the eggs and reserve the whites. Add yolks to the sugar mixture and beat until creamy. Combine 1½ cups of flour and baking powder and add it alternately with the milk to the egg-yolk mixture. Coat the berries with 1 tablespoon of flour (this prevents them from sinking to the bottom of the cake) and add them to the batter. Mix with a spoon to avoid

breaking up the berries. In a different bowl, beat the egg whites until soft peaks form. Gradually add ¼ cup of sugar and keep beating until stiff peaks form. Fold the egg whites into the main batter. Pour into your prepared pan. Sprinkle the top with the last tablespoon of sugar. Bake for 50 minutes or until the cake is set.

### **Vanilla Cupcakes with Real Strawberry Frosting**

- 1 cup white sugar
- ½ cup butter
- 2 eggs
- 2 teaspoons vanilla extract
- 1½ cups all-purpose flour
- 1¾ teaspoons baking powder
- ½ cup milk

Preheat your oven to 350 degrees F. Line a cupcake pan with paper liners. Cream the butter and sugar together. Beat in the eggs and then stir in the vanilla. Add the flour and baking powder and mix well. Stir in the milk until you have a smooth batter. Spoon into the lined cups. Fill the cups no more than three-quarters of the way with batter so they don't have a "muffin top." Bake 25 minutes or until a toothpick inserted into the middle of the cake comes out clean.

### **Real Strawberry Frosting**

- 1 cup fresh strawberries
- 1 cup butter
- 1 cup confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 2½ cups confectioners' sugar, sifted

Puree the strawberries in a blender. Place strawberry puree in a saucepan and cook over medium heat until it is brought to a boil. Stay close and stir it often until the puree is reduced by half, which takes around 15–20 minutes. Remove the strawberry reduction from the heat and allow it to cool. Beat the butter in a mixer until light and fluffy. Then add the first cup of sifted confectioners' sugar. Add the vanilla extract. While the mixer is beating, alternate between adding the remaining 2½ cups of the sifted confectioners' sugar and spoonfuls of the strawberry reduction, until the sugar and strawberries are all incorporated. This will be the best frosting you've ever made.

## **The Pleasures of the Evening**

### **Kir Royale**

- 1 part crème de cassis
- 5 parts champagne

Pour crème de cassis into a champagne flute and slowly pour the champagne on top.

### **Flourless Chocolate Cake**

- 4 ounces bittersweet chocolate (not unsweetened)
- ½ cup unsalted butter
- ¾ cup granulated sugar
- 3 large eggs
- ½ cup unsweetened cocoa powder, sifted
- Confectioners' sugar for dusting

Preheat oven to 375 degrees F. Grease an 8-inch round baking pan with butter. Line the bottom of the pan with wax paper. Butter the top of the wax paper. Chop the chocolate into small pieces. In a double boiler, melt the chocolate and butter, stirring constantly until smooth. Remove the top of the double boiler and whisk the sugar into the chocolate mixture. Let this cool slightly. Whisk eggs into the mixture. Sift ½ cup cocoa powder over the mixture and whisk until combined. Pour the batter into the pan and bake for around 25 minutes. Let the cake cool in the pan and then invert onto a serving plate. Dust with confectioners' sugar and serve with raspberries.