



How Sweet It Is.



It's sure to be "A SWEET SEPTEMBER" at Seafood City-Eagle Rock. Catch top pastry chef Mitch Dy next month at our Eagle Rock Plaza location and learn easy techniques to prepare affordable, delectable pastries!

Delightfully sweet and sinfully delicious — what's not to love about pastries? If you have a sweet tooth for anything sweet and dream of creating irresistible desserts, then sign up for Seafood City's Cooking Class this September, featuring Pastry Chef Mitch Dy.

Educated and trained in London and Switzerland, Chef Mitch Dy received her Le Cuisine Diplome and took Basic Patisserie both at the famed Le Cordon Bleu London. Her foray into the hospitality industry started when she earned her Bachelor of Business Administration from Swiss Hotel Association Hotel Management School in Les Roches, Switzerland, where she graduated with top honors.

Work experience include being the Head Pastry Chef and Food Service Manager at posh Jiraffe Restaurant in Santa Monica and assumed several key positions while working in London as Pastry Chef at Quaglinos, Commis Chef at The Carlton Club, Food and Beverage Department at Red Carnation Hotels. She was a kitchen trainee at Pizzeria Al Lago in Crans-Montana and Flughafen Restaurants AG Zurich both in Switzerland. Chef Mitch is a member of the American Culinary Federation.

Learn something new this September! Sign up for this class at www.seafoodcity.com. Limited slots available.

Seafood City Eagle Rock is located at 2700 Colorado Blvd., CA 90041.



Some divine dessert recipes from Chef Mitch!

Basic Pastry

(For Cream Puffs & Eclairs)

Ingredients:

100g. Butter
250ml. Water
5g. sugar
5g. salt
150g. flour (strong or bread flour)
4-6 eggs

Procedure:

- Heat water, butter, sugar, and salt. Bring to a boil
- Add flour and stir in rapidly for about 1min.
- Remove from heat and place in a mixer with a paddle attachment
- Add in eggs one by one until the dough reaches dropping consistency
- Place in a piping bag and pipe onto a lined tray
- Bake in a 375 degree oven



Pastry Cream

(Filling for Basic Pastry)

Ingredients:

½ qt. milk
6 egg yolks
4oz sugar
1 vanilla bean (or 1 tsp. vanilla extract)
1.5oz. flour

Procedure:

- Heat Milk and vanilla
- In a separate bowl whisk together egg yolks, sugar, and flour
- When the milk reaches a boil, pour 1/3 of the milk mixture into the mixing bowl and whisk into the egg mixture
- Pour the mixture back into the pan and whisk over the heat until it thickens
- Place onto a tray, cover with plastic, and chill



Pie Crust

(For Tart)

Ingredients:

250g. butter
175g. icing sugar or caster sugar
500g flour
2 eggs

Procedure:

- Mix together butter and sugar until it is light and fluffy
- Add eggs
- Add Flour and mix just until the mixture comes together (do not overmix)
- Cover and rest in the fridge for about 30mins.
- Remove from fridge. Roll out and line pie crust
- Bake Blind for 10-15mins in a 350 degree oven
- Bake an additional 10-15mins



Walnut Filling:

Ingredients:

4 eggs
200ml. cream
200g. sugar
200g. walnuts

Procedure:

- Toast walnuts in an oven or pan and roughly chop
- Whisk together eggs, cream and sugar
- Add chopped walnuts
- Fill pie shells and bake in an oven at 350 degrees until set

May also use these ingredients for Pie Filling:

Bananas
Chocolate or Chocolate Sauce
Pastry Cream
Strawberries
Apricot Jam

