

# Manon

La Boulangerie Artisane



# The Bakery is an Art





# Manon

*La Boulangerie Artisane*

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# MANON'S Bakery story

Dear Customers

Welcome to Manon bakeries!

**I**t is with great pleasure that our entire team welcomes you to one of our bakeries, where we aim to provide you with unique tasting experiences. Immerse yourself in the captivating story of “Manon”, which began in 1986 when Mr. Guy Crouin and his wife acquired a bakery called “Aux délices de Manon” in the first district of Paris.

**I**n October 1995, Mr. Rassin’s journey led him to this bakery, where he became a baker and pastry chef. Two months later, his wife Marilyne joined him as a saleswoman. After 4 years of fruitful collaboration, they decided to join forces with Mr. and Mrs. Crouin, leading to the creation of the “Miss Manon” bakery at 87 rue Saint Antoine (Paris 4th). Encouraged by their success, they opened a second establishment together in 2004, “Au Desire de Manon”, at 129 rue Saint-Antoine (Paris 4th). This was followed by “Aux pains de Manon” in 2006 and “Chez Manon” at 25 Rue de Bretagne (Paris 3rd) in 2011

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# MANON'S STORY

the rest

**A**s our business expanded, so did our family. Alan Rassin, Mr. Rassin's brother, joined us, along with Yann and Marion, Mr. Rassin's children. Additionally, two trusted collaborators, Johan Bertaut and Razvan Tilu, have joined our team and actively contribute to the development and smooth running of our establishments.

**A**t Manon, we take pride in our craftsmanship and passion for the profession. Each member of our team shares this dedication to tradition and quality. We are committed to preserving the artisanal heritage that makes French gastronomy famous worldwide.

**We** are proud to share what makes our bakeries unique: our ethical and responsible commitment that guides all our actions. By favoring local distribution channels and using certified flours, we demonstrate our dedication to respecting the environment.

**A**t Manon bakeries, quality comes first. Our products are carefully prepared according to traditional recipes to offer an exceptional taste experience. Customer satisfaction is our priority.

**The** entire team wishes you a delightful tasting experience and a pleasant stay in Paris.

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# The Recipes

## Cannelé Bordelais

Boil the milk, butter, vanilla. Gently pour over the flour and sugar, mixing constantly to obtain a homogeneous paste, add the eggs and egg yolks and finally the Rum. Reserve in the fridge for at least 24 hours (you absolutely need 24 hours of rest, there is no point in trying to put them in the oven immediately, it doesn't work!) The molds must be greased once and placed in the freezer. Just before putting them in the oven, grease the molds a second time. Fill the molds to 85% then put in the oven for 45-50 minutes at 180°C. (ventilation 2). Remove from the oven and unmold immediately.



| <u>Ingredients</u> | <u>x32</u> |
|--------------------|------------|
| Milk               | 1 litre    |
| Butter             | 150 gr     |
| Vanilia            | 50 gr      |
| Flour              | 300 gr     |
| Sugar              | 420 gr     |
| Eggs               | 200 gr     |
| Egg Yolk           | 160 gr     |
| Rum                | 15 cl      |

Cannelé is the emblematic little cake of Bordeaux and its hinterland. It is recognizable by its cylindrical, fluted shape. Soft and crispy at the same time under their thin caramelized layer with a vanilla note.





## Financier

The financier, in its large format version garnished with fruit, was created by “Lasnes, rue Saint-Denis” without specifying the date, while the financier was “created in Rennes in 1835”. Many contemporary sources take a more detailed version, according to which around 1890, a pastry chef named Lasne brought financier up to date. As his store was very close to the Stock Exchange, his clientele would have been largely composed of financial people wanting to eat a small cake on the go that would not get their fingers dirty. Lasne would have had the idea of changing the oval shape of the original pastry to give it one that evokes that of a gold ingot.



| <u>Ingredients</u> | <u>Quantity</u> |
|--------------------|-----------------|
| Sugar              | 190 gr          |
| Almond powder      | 70 gr           |
| Flour              | 100 gr          |
| Egg White          | 150 gr          |
| Butter             | 180 gr          |

Cook the butter into brown butter. Mix the sugar, almond powder, flour and egg whites together with a spatula (do not incorporate air). Add the butter. Cook at 170°C for 11 minutes



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# MANON'S VALUES



- ◆ Passion and pride in our profession
- ◆ A courageous and motivated team
- ◆ Creative and innovative recipes
- ◆ Permanent questioning High-end equipment
- ◆ Quality and hygiene of procedures
- ◆ Responsibility for our loan





# The Recipes

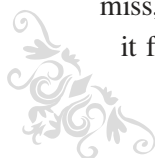
## Madeleines

Mix the sugar and eggs and beat them well, add the milk, vanilla and lemon zest, mix, then add the flour and baking powder, mix well for 2-3 minutes (like kneading the device), let it rest for about 30-45 minutes (halfway put a flap, i.e. mix it) then when you put it in the oven, add the hot butter, mix well , put everything at once in a pocket (to fit) Arrange in madeleine molds previously greased and floured (important) put 25gr of mixture in each hole, cook in the oven at 200 °C for 9 minutes ventilation 1 When they come out of the oven, add a little syrup and unmold them.



| <u>Ingredients</u> | <u>Quantity</u> |
|--------------------|-----------------|
| Sugar              | 350 gr          |
| Eggs               | 220 gr          |
| Milk               | 240 gr          |
| Flour              | 450 gr          |
| Baking Powder      | 30 gr           |
| Lemon Zest         | 20 gr           |
| Vanilia            | 20 gr           |
| Butter             | 220 gr          |

It is an important element of pastry, a product that you absolutely must not miss, it is a classic and customers are attached to it, you will be able to observe it for yourself even if you miss them you would not sell any, and on the contrary, beautiful madeleines go very quickly.





## Flan

Put 500 gr of milk in the triticco, the sugar + the flan powder and mix with the triticco, once the mixture is homogeneous add all the liquids and cook on the custard program at 90°C. Once the triticco sounds turn on without heating (the red button with the three arrows and press the minus once) open the valve so that the device goes down and press (on the blue button with the three arrows) open the bottom hatch and put a 15 liter bucket underneath to receive the blank. The device must be smooth. Once removed, pour 1750 g of flan into 7 flans of 26 cm on a grill and baking sheet and smooth them. Place them in a fan oven at 220°C for 25 minutes.



| <u>Ingredients</u> | <u>Quantity</u> |
|--------------------|-----------------|
| Cream              | 400 gr          |
| Milk               | 500 gr          |
| Sugar              | 150 gr          |
| Egg Yolk           | 120 gr          |
| Flan Powder        | 60 gr           |





# PASTRY HISTORY

Pastry is an important profession in French society. Very renowned for its expertise in this area, France has the best pastry chefs in the world. But, to reach this level of excellence, it took a long evolution. Let's return to this fascinating journey by focusing on the origins of pastry and its emblematic characters.

The origins of pastry date back more than 7,000 years, It is among the Greeks that we find the first cake prepared. This cake is called “obélias” meaning “offering”, a pastry used to make presents to the Greek gods. It is made from flour and honey, a very simple cake that looks more like a pancake. The Greeks heat this dough on a hot stone to cook it.

It's only when eggs, sugar and butter appear that we can really start talking about cake. In the 7th century, raising chickens became common. It marks a turning point in the evolution of pastry. Then, in the Middle Ages, people discovered sugar cane as well as the ancestor of puff pastry called “Bourreck”. As for the term “dessert”, which in the literal sense means “to clear the table”, it only took on its full meaning from the 17th century. He then designates the little sweets that are served after clearing the table.

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# The Recipes

## Almond Croissant

Store the croissants from the day before throughout the week. Every Thursday, make almond croissants. Heat the syrup (without the rum). Once boiling, stop cooking and add the rum. While the syrup is heating, cut the croissants. When the syrup and croissants are ready, dip them. They must be well soaked, store them well in the same order in the candissoire. Stack all the croissants, once soaked, place them on a rack of 15 (in the same order and open) and on already used sheets. Garnish the croissants with almond cream using a bag, close them, top them and place a few flaked almonds on top.



### Ingredients

### Quantity

|       |         |
|-------|---------|
| Water | 1 litre |
| Sugar | 500 gr  |
| Rum   | 250 gr  |



## Traditionnal Baguette

Dilute fresh baker's yeast in lukewarm water. In a food processor, combine the flour and salt. Pour in the lukewarm water with the yeast. Mix until the dough no longer sticks to the sides. Mix briefly by hand and let the dough rise for an hour. After 1 hour of rest, degas the dough which will have swelled. Leave to rise for another 1 hour. Butter a mold. Transfer the dough into the mold after kneading it. Leave to rest again for 15 minutes. In an oven preheated to 250°C, cook for 15 minutes. Lower the temperature to 200°C for 35 minutes. Leave to cool on a rack out of the oven so that the moisture evaporates.



| <u>Ingredients</u> | <u>Quantity</u> |
|--------------------|-----------------|
| Flour              | 750 gr          |
| Yeast              | 42 gr           |
| Tepid water        | 40 cl           |
| Fine Salt          | 12 gr           |
| Butter             | 15 gr           |

These are quantities for 4 people. You can keep this bread for 2 days protected from air, by wrapping it in a clean cloth.



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# THE PASTRY CHARACTERS

Several people participated in the evolution of pastry. In the 13th century, we find Regnaut Barbon who records the status of “oublayeurs”, ancestor of today’s pastry chefs. the oublayeurs make “oublies” which are pastries rolled into the shape of a cone. It was only in the 16th century that the profession of pastry chef took shape with the importation of sponge cakes, macaroons and even marzipans from Italy. In 1566 the corporation of pastry chefs appeared and the birth of ice cream thanks to the Italians. In 1645, organic yeast was born, an important event in the world of pastry. Let us also mention two famous figures in the field: Provéché, a pastry chef who invented almond cream called “crème à pithiviers”, and Vatel who created the Sweet whipped cream.

The birth of the croissant took place in Viennes, hence the origin of the word viennoiserie. The croissants are prepared with a moon shape, as it represents the victory of the Viennese over the Turks. The crescent became their emblem during this war. Antonin Carême is the man who introduced the wearing of the chef’s hat in kitchens and the inventor of 5-turn puff pastry.

***Without forgetting Gaston Lenôtre, Pierre Hermé, Joël Bellouet, Jean Michel Perruchon... Finally, in the 20th century, the control of cold marked a new evolution in pastry.***

Today, it is mainly the techniques that are evolving, but we still remain within the traditions. We find pastry in crafts, hotels, mass distribution as well as the food industry. It perfectly combines creativity and respect for authentic values.



A U T E N T I K  
EXPERIENCE

## **Autentik Hands On Bakery Experience**

This tour provides you with an immersive experience in the heart of French baking tradition.

Thank you for joining the tour. Today, you've mastered the art of French baking and crafted your own baguette and croissant. You left this experience not only with a full package of French baguettes and pastries but also with new baking skills, memories, and recipes.

Enclosed with this booklet is our contact information. Feel free to reach out to us directly if you have any questions or comments.

Did you have a great time on the tour? We'd love to hear about it! Leaving a review not only helps our business but also helps other guests discover the amazing experiences we offer. Simply scan the QR code to leave your review. Your feedback means the world to us! Thank you!

Thank you very much, and we hope you enjoy your stay in Paris.

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## Aux Délices de Manon

79 bis avenue J. B. Clément  
92100 Boulogne Billancourt  
01 48 25 22 69

## Chez Manon

25 rue de Bretagne  
75003 - Paris  
01 42 72 36 80

## Aux Pains de Manon

31 rue de l'Annonciation  
75016 - Paris  
01 42 88 36 89



A U T E N T I K  
E X P E R I E N C E

EXPERIENCE@AUTENTIK.FR - WWW.AUTENTIK.FR