



WILSON-WAY RECIPES



FOREWORD

My name is Mégane and I am a young Wilsonian woman. The disease was discovered when I was 18 years old. I was entering medical school and the disease stopped everything. That's when I saw my dreams shattering, the world falling apart... When the doctors told me that there was a treatment, it was a huge relief for me and my family. A treatment for life, but one that would save me. The whole medical team told me that all my symptoms would go away but it would take a long time... For the first 9 months of treatment, I would see my condition worsen, stagnate, improve and then get worse again.

I no longer believed what the doctors were telling me. For me, it was definitive, my symptoms would never go away! It was very painful, more morally than physically. I saw friends turning their backs on me, heard hurtful words... But next to that, there are the real friends, the family who support and help you; and there is also the medical team at the reference center in Paris, a golden team, a second family that reassures you, listens to you, answers all your questions and takes care of you! And then my health has clearly improved and the path of life and studies has resumed its course!

Fighting, not giving up, never giving up treatment: these are the 3 things that saved me! Being a great lover of cooking and photography, and the disease requiring a low copper diet, I decided to write a recipe book for Wilson patients.

I would like to thank all the medical team of the CRMR Wilson (Centre de Reference Maladie Rare/Rare Disease Reference center) as well as the patient association!

Mégane IMBERT



PREFACE

Scrambled eggs with 2 salmons, potato maki with cured ham, apple clafoutis and salted butter caramel, Tagada mousse and tiramisu with Tagada strawberries and Coca-Cola, here are some of the recipes that Mègane offers us.

As a culinary designer and excellent photographer, Mègane offers us delicious recipes for everyone, for those who are not on a diet and for those who suffer from Wilson's disease and who have to deal with low-copper foods all their lives. She shows us, with splendid photographs of her culinary compositions, that a low copper diet is compatible with delicious food.

Congratulations Mègane for these succulent and easy-to-make recipes, for these "Wilson-style" recipes that will allow all patients with Wilson's disease to enjoy themselves or with their family and friends.

Thank you Megane for the thoroughness and precision of this work; I know that you have taken into account for each recipe the amount of copper contained in all the ingredients.

Another big thanks to you for entrusting this book to the CRMR Wilson and to the Bernard Pepin french patient association for Wilson's disease who will distribute this book for the benefit of research on Wilson's disease.

Enjoy your meal!

Dr France WOIMANT

Coordinator of the National Reference Center for Wilson's Disease (2005-2018)
Thanks to the dieticians of CRMR Wilson , who validated all the recipes.



WHAT CAN I EAT TODAY?

Here is a question that comes up often for us Wilson's disease patients. At each meal, we think about the copper content of all the ingredients, most of the time with the help of a food advice booklet where colors indicate what is good for us and what is not: green is good, orange is good, red is not so good... At the beginning, when the diagnosis is recent and the treatment starts, the list of constraints and prohibitions can be long. The harmless act of eating and enjoying oneself can become a real headache.

Mégane invites us to sublimate this apparently difficult daily routine. In this book, she offers us high quality recipes, made with low-copper culinary products and illustrated with remarkably beautiful photos.

When Serge Renaud was president of the Bernard Pépin Association for Wilson's disease, he and the members of the board at the time, were sensitive to Mégane's commitment to the patients and their families, and supported the realization of this cookbook.

It is with great pleasure that we present this translated version today. A tribute to Mégane and to all the patients and their relatives who have, until today, supported our association.

In the face of difficulties, it is always possible to find pleasure in simple things. Enjoy this tool, dear reader, and bon appétit!

Caroline ROATTA

President of the French Bernard Pépin Association
for Wilson's Disease

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The SALT





White pudding and onion confit tartlet

FOR 2 PERSONS • PREPARATION: 40 MIN • COOKING: 15 MIN



Ingredients:

- 1 roll of puff pastry
- 2 white socks
- 2 apples
- 3 tablespoons of cider vinegar
- 35g of blond sugar
- 3 tablespoons of olive oil
- 1/2 teaspoon ginger powder
- 1 onion
- 1 tablespoon of balsamic vinegar
- some water
- salt, pepper

Preparation:

- 1. Preheat your oven to 180°C (th.6)**
- 2. Peel and cut the apples** into thin quarters. In a saucepan, melt the apple quarters in 2 tablespoons of oil. Add the 2 tablespoons of cider vinegar, 30g of lemon sugar, ginger powder, mix and cook over low heat for about 30min. You will obtain a thick compote. Salt and pepper.
- 3. Remove the skin from the sausages** and cut them into slices.
- 4. Roll out the puff pastry** and cut 2 squares. Garnish with compote, place slices of blood sausage on top and bake in the oven for 18 minutes.
- 5. In the meantime, peel and chop the onion very fine.**
- 6. In a saucepan, fry the onion in a tablespoon of olive oil** over low heat until translucent. It should not brown! Add the tablespoon of balsamic vinegar and 5g of golden sugar, mix and reduce over medium heat for about 15 minutes. Add a little water if necessary. Serve the hot tartlet and the onion confit.



Egg casserole with two salmon

FOR 2 PERSONS • PREPARATION: 15 MIN • COOKING: 10 MIN



Ingredients:

- 2 fresh salmon steaks
- 2 slices of smoked salmon
- 2 large eggs
- 2 tablespoons of whipping cream
 - parsley
- 1 small clove of garlic
 - some lemon juice
 - olive oil
- cayenne pepper
 - salt, pepper

Preparation:

- 1. Cut the fresh salmon steak into small pieces**, cook it in a frying pan with the olive oil. Chop the garlic and parsley and add to the fresh salmon. Add salt and pepper to taste. Stop cooking and set aside.
- 2. Break the eggs in a dish**, whisk them with salt and pepper.
- 3. Melt 5g of butter in a frying pan and pour the eggs in it.** Stir continuously over low heat until they start to set. When the mixture is creamy, add the fresh cream and lemon juice.
- 4. Mix the scrambled eggs** with the cooked salmon.
- 5. In the meantime, peel and chop the onion very fine.**
- 6. Put the mixture in glasses or empty egg.** Add a few strips of smoked salmon, a leaf of lamb's lettuce and enjoy.



Beef skewers with county and rice timbale

FOR 2 PERSONS • PREPARATION: 1 H • COOKING: 5 MIN



Ingredients:

- 8 slices of beef carpaccio
- 200g of county
- 1 and a half tablespoons of soy sauce
- 1 tablespoon of liquid honey
 - olive oil
 - basmati rice
- 1 knob of butter
 - pepper

Preparation:

- 1. Cut the county into cubes** and divide them on skewers.
- 2. Surround each skewer** with a slice of beef carpaccio.
- 3. Place them in an ovenproof dish** and sprinkle them with soy sauce and honey. Let marinate 1 hour in a cool place.
- 4. 10 minutes before cooking the skewers, cook your rice** as indicated on the package. Once the rice is cooked, add a knob of butter, mix and add pepper.
- 5. Heat a little olive oil in a frying pan**, brown the skewers for a few minutes on each side. Serve with the rice immediately. Enjoy.



Egg casserole with two salmon

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 15 MIN



Ingredients:

- 2 fresh salmon steaks
- 2 slices of smoked salmon
 - 2 large eggs
- 2 tablespoons of whipping cream
 - parsley
- 1 small clove of garlic
 - some lemon juice
 - olive oil
 - cayenne pepper
 - salt, pepper

Preparation:

- 1. Preheat the furnace** to 190°C (th.6/7).
- 2. Cut the fresh salmon steaks** into small pieces, cook it in a pan with olive oil. Chop the garlic and parsley, add to the fresh salmon. Add salt and pepper to taste. Stop cooking and divide into 2 ramekins.
- 3. Cut the slices of smoked salmon into strips**, distribute in the ramekins and sprinkle with a little lemon juice.
- 4. Gently break an egg in each ramekin.** Pour in a tablespoon of whipping cream and sprinkle lightly with cayenne pepper. Bake for 10 to 15 minutes (the whites must be taken).
- 5. Serve!** You can accompany this egg casserole with a green salad.



Potato gratin with garlic and herbs cheese

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 45 MIN



Ingredients:

- 4 potatoes
- 1 clove of garlic
- 1/2 garlic and fine herbs cheese
 - 20 cl of liquid cream
 - 2 slices of white ham
- grated emmental cheese
 - pepper
- salt, pepper

Preparation:

- 1. Preheat your oven** to 210°C (th 7).
- 2. Peel, wash, wipe and slice** your 4 potatoes into thin slices.
- 3. Cut the garlic clove** in half and rub a baking dish with it. Chop the white ham.
- 4. In the baking dish**, alternate layers of white ham and potato slices.
- 5. In a saucepan**, melt the half garlic and herbs cheese with the 20cl of liquid cream. Add pepper and then pour over the potatoes and ham. Cover with grated Emmental cheese and put in the oven for 45 minutes. Serve



Home made burger

FOR 2 PERSONS • PREPARATION: 15 MIN • COOKING: 8 MIN



Ingredients:

- 2 hamburger buns
(without sesame seeds)
- salad (arugula, lamb's lettuce,
lettuce...)
- 1 tomato
- 2 slices of cheese (emmental,
cheddar...)
- 2 chopped steaks
- sauce (ketchup, mayonnaise,
mustard...)

Preparation:

- 1. Cut your hamburger buns** in half and toast them for 2 minutes in a toaster.
- 2. Cut your tomato** into slices and cook your burgers.
- 3. Put the sauce on your hamburger** buns, place your hamburger steak, the slice of cheese, 2 slices of tomato, some salad and cover with hamburger buns. Enjoy your meal!



Crunchy ground meat and potato crust

FOR 2 PERSONS • PREPARATION: 40 MIN • COOKING: 5 MIN



Ingredients:

- 2 sheets of brick
- minced meat (the equivalent of 2 minced steaks)
- 2 large potatoes
- 1/2 garlic and fine herbs cheese
 - olive oil
 - pepper

Preparation:

- 1. Peel the potatoes** and cook them in a pan filled with water. Once cooked, drain them and mash them with a fork.
- 2. Cook the minced meat**, add the mashed potatoes, half garlic and herbs cheese, and pepper.
- 3. Garnish your brick sheets** with the preparation and fold to form a rectangle. Cook them in a frying pan with a little olive oil.
- 4. Serve with a green salad.**



Potato gratin with salmon and hollandaise sauce

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 30 MIN



Ingredients:

- 2 fresh salmon steaks
- 2 potatoes, olive oil
 - 1 clove of garlic
 - parsley
- grated emmental cheese
 - 1 egg yolk
 - 60g of soft butter
- the juice of 1/2 lemon
 - salt, pepper

Preparation:

- 1. Preheat your oven** to 210°C (th 7).
- 2. Cut your salmon steaks into small pieces.** Cook them in a frying pan with a little olive oil, add a small clove of garlic previously cut, parsley and pepper. Divide the cooked salmon into 2 individual ramekins.
- 3. Cut the potatoes into very thin slices** and arrange them in the ramekins. Put them in the oven for 30 minutes.
- 4. In the meantime, prepare the hollandaise sauce.** Put in a bowl the egg yolk, the juice of 1/2 lemon, salt, pepper and mix with a whisk. Put this bowl in a pot of boiling water on the fire (bain marie) and make the preparation thicken in stop stirring. Add the soft butter cut into small cubes. Mix.
- 5. Once your gratin is cooked,** enjoy with the Holland sauce and a green salad.



Chorizo Muffins

FOR 2 PERSONS • PREPARATION: 5 MIN • COOKING: 25 MIN



Ingredients:

- 100g of chorizo, 200g of grated emmental cheese
 - 3 eggs
 - 150g of flour
- 1 sachet of baking powder
 - 15cl of milk
 - 8cl of olive oil
 - salt, pepper

Preparation:

- 1. Preheat your oven** to 180°C (th 6).
- 2. In a salad bowl, beat the eggs** with the milk and oil. Season with salt and pepper.
- 3. Pour in the sachet** of baking powder and flour. Mix.
- 4. Add the grated emmental cheese and the diced chorizo.** Divide the preparation into muffin boxes. Bake the muffins in the oven for 20 to 25 minutes.



Potato Maki with cured ham

FOR 2 PERSONS • PREPARATION: 25 MIN



Ingredients:

- 6 *small potatoes*
- 3 *slices of cured ham*
 - *fresh cream*
 - *parsley*
 - *salt, pepper*

Preparation:

- 1. Peel the potatoes** and cut off the ends. Cook them for about 20 minutes in a pot of salted water.
- 2. In the meantime**, cut the slices of cured ham in half lengthwise.
- 3. Drain the potatoes** and roll up the cured ham. Prick with a toothpick to hold them in place.
- 4. Mix the fresh cream** with chopped parsley, salt, pepper. Enjoy.



Chicken, bacon and mozzarella wrap

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 15 MIN



Ingredients:

- *extra thin chicken cutlets*
 - *2 slices of bacon*
 - *1/2 ball of mozzarella*
- *4 tablespoons of thick crème fraîche*
 - *1 tbsp of veal stock*
 - *1 shallot*
 - *some olive oil*
 - *pepper*

Preparation:

- 1. Put a slice of bacon on a chicken escalope**, cut the half ball of mozzarella into very thin slices and place it on top of the slice of bacon. Roll it up and prick it with a toothpick to make it stick. Proceed in the same way with the other chicken cutlet (chicken cutlet, slice of bacon, mozzarella).
- 2. Cook them in a frying pan with a little oil.** Watch the cooking and turn it over from time to time to ensure even cooking. Once the rolls are cooked, place them on a plate.
- 3. Keep the pan in which you cooked them.** Fry the shallot, cut into pieces, add the cream and then the veal stock. Add pepper.
- 4. Put the rolls back in the pan over low heat** with the sauce for a few minutes to reheat them. You can serve these rolls with mashed potatoes or rice. Enjoy your meal!



Risotto revisited with chicken and chestnuts

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 10 MIN



Ingredients:

- 1 glass of basmati rice
 - 2 chicken cutlets
 - 12 cooked chestnuts (canned, vacuum packed or fresh)
- 1/2 chicken stock cube
 - 250ml of water
- the equivalent of a tablespoon of butter
- 2 tablespoons of flour
 - some olive oil
 - pepper

Preparation:

1. Cut your chicken cutlets into small pieces and cook them in a frying pan with a little oil. Add the previously cut chestnuts. Season with pepper and set aside.
2. Plunge your basmati rice into a pot of boiling salted water for 10 minutes.
3. While your rice is cooking, in another pot, make a roux (melt the butter and add the flour, mix). Dilute your half cube of chicken stock in 250ml of water, pour over the roux and thicken your sauce over low heat without stopping stirring. Remove from the heat.
4. Drain your rice, pour it into the sauce pan and then add the chicken and chestnuts. Enjoy hot!



Scrambled eggs with avocado, smoked salmon and lump roe

FOR 2 PERSONS • PREPARATION: 20 MIN • COOKING: 5 MIN



Ingredients:

- 3 eggs
- 5 g butter
- 20g of heavy cream
- 1 lawyer
- 1 tablespoon of lemon juice
- 2 slices of smoked salmon
 - lump roe
 - salt, pepper

Preparation:

- 1. Make an avocado purée.** To do this, cut the avocado in half, remove the core and empty the avocado into a bowl. Add the lemon juice and mash with a fork. Season with pepper. Set aside.
- 2. Melt 5g of butter in a frying pan and add the eggs.** Stir continuously over low heat until they start to set. When the mixture is creamy, add the heavy cream. Add pepper.
- 3. Cut the slices of salmon** into strips and in verrines or empty egg shells (I recommend verrines, it's simpler), alternate scrambled eggs, avocado purée, salmon strips. Then place a very small quantity of lump roe. Enjoy your meal.



Salad with bacon, mini salted cakes and poached egg

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 25 MIN

Ingredients:

For salad :

- 125g of lamb's lettuce (or other green salads)
 - 100g of smoked bacon
 - 1 bag of garlic croutons
 - 2 eggs
 - 10 cl of white wine vinegar
- 1 teaspoon hot mustard (optional)
 - 3 tablespoons of olive oil
- 1 tablespoon and a half of balsamic vinegar
 - salt, pepper

For mini salty cakes :

- 50g of smoked bacon
- 50g of zucchini
- 20g of carrots
 - 3 eggs
 - 75g of flour
 - 4cl of olive oil
- 1/2 teaspoon of honey
 - butter (for the mould)
 - pepper



Preparation:

For mini salty cakes:

1. Preheat your oven to 180°C (th.6).
2. Cook the bacon in a frying pan (without adding fat).
3. Wash and try the zucchini and carrots and grate them.
4. Butter a silicone mini cake tin.
5. Whisk the olive oil and eggs in a salad bowl. Add the grated zucchini and carrots, honey, and flour. Mix well. Season with pepper.
6. Pour the mixture into the mini cake tin and bake for 25 minutes. Insert a toothpick to check the baking time. Let cool.

For salad:

1. Cook your bacon in a frying pan (without adding fat).
2. In a bowl, prepare your vinaigrette. Put the mustard, olive oil, balsamic vinegar, salt, pepper and mix well with a fork.

3. In small individual salad bowls, place the lamb's lettuce (or other salad), then pour vinaigrette over it, place the cooked smoked bacon, a few croutons and 4 mini cakes.

4. Make the poached egg. For this, put a pan of water to heat with 10cl of white wine vinegar (do not salt). Meanwhile, break the 2 eggs into 2 different cups. When the water starts to boil, bring one cup close to the surface of the water (without burning yourself) and turn it upside down. Using a skimmer, bring the white around the yolk. After 3 minutes, remove your egg with a skimmer and place it on your salad. Proceed in the same way with the second egg.

Enjoy your meal!



Nordic tartlet

FOR 2 PERSONS • PREPARATION: 40 MIN • COOKING: 15 MIN



Ingredients:

- 1 roll of puff pastry
- 10g of thick fresh cream
- 1/2 untreated lemon
- 75g of smoked salmon
- 2 tablespoons of olive oil
 - dill
- pink berries
 - pepper

Preparation:

- 1. Preheat the furnace** to 180°C (th.6).
- 2. Cut the puff pastry** and put it in 2 buttered individual tartlet moulds. Prick it, put baking paper on it and sprinkle with dried beans or porcelain balls. Bake for 15 minutes. When the edges start to brown, remove the baking paper and let it brown. Allow to cool before unmoulding.
- 3. Cut the salmon** into strips and place them in a dish.
- 4. Grate the zest of 1/2 lemon** before squeezing its juice. In a bowl, mix half the lemon juice, zest, olive oil, a few crushed pink berries and a pinch of pepper. Pour over the smoked salmon and leave to marinate for 30 minutes.
- 5. Mix the rest of the lemon juice** with the heavy cream, let it rest for 10 min.
- 6. Garnish the bottom of the 2 puff pastry sheets** with lemon cream, place the salmon strips on top and sprinkle with the marinade. Decorate with a few dill sprigs and eat immediately



Omelette with chorizo and zucchini

FOR 2 PERSONS • PREPARATION: 20 MIN • COOKING: 15 MIN



Ingredients:

- 1 onion
- 3 tablespoons of olive oil
- 100g of chorizo
- 200g of zucchini
- the zest of an organic lemon
- 3 eggs
- 10cl of liquid cream
- pepper

Preparation:

- 1. Peel and slice the onions.** Cut the zucchini into cubes. Cook the onions and zucchini for 7 minutes on a low heat with 3 tablespoons of olive oil.
- 2. Then add the chorizo**, remove the skin and cut into cubes. Leave to cook for 2 min.
- 3. Add the zest of the lemon.** Incorporate the beaten eggs and the cream. Add salt and pepper. Let cook 10 to 15min. Serve with a salad!



Tagliatelle with smoked salmon and lumpfish eggs

FOR 2 PERSONS • PREPARATION: 10 MIN • COOKING: 4 MIN



Ingredients:

- 200g of fresh tagliatelle
- 4 slices of smoked salmon
 - 2 tbsp lumpfish eggs
- 3 tablespoons of heavy cream
 - a few drops of lemon juice
 - pepper

Preparation:

- 1. Cook your tagliatelle** in boiling salted water for 4 min. Drain them and add the thick cream. Add pepper.
- 2. Place the tagliatelle with cream** on plates and strips of smoked salmon. Sprinkle with a few drops of lemon.
- 3. Place lumpfish eggs** and eat immediately!



Quiche with white ham and cherry tomatoes

FOR 6 PERSONS • PREPARATION: 8 MIN • COOKING: 35 MIN



Ingredients:

- 1 puff pastry
- 10 red cherry tomatoes
- 10 yellow cherry tomatoes
- 6 slices of white ham
- 5 eggs
- 20cl of liquid cream
- salt, pepper

Preparation:

- 1. Preheat** the furnace to 180°C (th.6).
- 2. Line a pie pan** with puff pastry and prick the bottom of the dough.
- 3. In a bowl, beat the eggs** into an omelette with the liquid cream. Add salt and pepper.
- 4. Pour this preparation on the dough.** Arrange the coarsely cut white ham and the cherry tomatoes cut in half on top. Bake for about 35 minutes. Taste warm!







The SUGAR



Milk chocolate brownies

FOR 2 PERSONS • PREPARATION: 20 MIN • COOKING: 12 MIN



Ingredients:

- 200g of milk chocolate
 - 50g of butter
- 200g of sugar
 - 4 eggs
- 85g of flour

1. Preheat the oven to 160°.

2. Melt the butter and chocolate in a double boiler. Once the mixture has melted, set aside: it is important that the mixture drops in temperature to be able to incorporate it afterwards.

3. In another container, whisk the eggs and sugar for a few minutes. Add the flour and then the chocolate.

4. Pour the dough into a buttered cake tin. Bake for about 12 minutes: the cake should be slightly cracked on top and melting inside.

Enjoy warm or cold, with a nice glass of milk!



Apple clafoutis and salted butter caramel

FOR 6 PERSONS • PREPARATION: 25 MIN • COOKING: 25 MIN



Ingredients:

- 2- 3 apples
- 100 g caster sugar
- 125 g flour
 - 3 eggs
 - 25 cl milk
 - 75 g butter
- 1 pinch of salt
- 6 tbsp salted butterscotch caramel

1. Preheat the oven to 180°C (th.6).

2. Beat the eggs with the sugar until the mixture is well homogeneous. Add the flour, the previously melted butter then the milk and mix again.

3. Peel the apples and dice them.

4. Butter 6 individual cake pans. Place the apple pieces and a teaspoon of salted butterscotch in each cake tin and pour the mixture on top.

5. Bake for about 25 minutes. The surface should be lightly browned.

Let cool before serving.



Crème brûlée with cherries

FOR 6 PERSONS • PREPARATION: 15 MIN • COOKING: 1 H



Ingredients:

- 36 pitted cherries
- 60cl of whipping cream
 - 8 egg yolks
- 80g powdered sugar
 - 1 vanilla bean
- 6 tablespoons of brown sugar

- 1. Preheat the oven** to 100°C (th.3/4).
- 2. Cut the vanilla bean in half.** Collect the seeds and put them in a bowl with the egg yolks. Add the sugar and whisk until the mixture whitens.
- 3. Heat the whipping cream over low heat** with the rest of the vanilla bean. Remove from the heat as soon as it starts to boil. Pour the lukewarm cream over the beaten yolks, mix.
- 4. In 6 individual ramekins**, distribute the pitted cherries then pour the preparation.
- 5.** Arrange them in a gratin dish half filled with hot water. Put them in the oven for 1 hour.
- 6.** Once the cooking is finished, let the crème brûlée cool down and then place them in the refrigerator overnight.
- 7.** Just before serving, sprinkle each of the creams with a tablespoon of brown sugar. Caramelize with a kitchen blowtorch or grill them for 5 minutes in a very hot oven. Enjoy.



Crème Brûlée

Tagada® Cupcakes

FOR 10 CUPCAKES • PREPARATION: 25 MIN • COOKING: 15 MIN



Ingredients:

Cakes:

- 25 Tagada® Strawberries
 - 6cl of skimmed milk
 - 75g of butter
 - 2 eggs
 - 70g powdered sugar
 - 150g of flour
- 1 teaspoon of baking yeast

Icing:

- 125g of mascarpone
- 10 Tagada® strawberries
 - 3 tablespoons of milk
 - some powdered sugar
 - 1 sheet of gelatin
 - a few drops of red dye

Preparation:

Icing:

- 1. Put the gelatin sheet in a bowl** of cold water to soften it.
- 2. Meanwhile, melt the Tagada® strawberries in the milk**, wring out the gelatin sheet and add it to the warm milk/Tagada® mixture.
- 3.** Allow to cool and add the mascarpone, a few drops of dye. Mix well and refrigerate.

Cakes:

- 1.** Preheat the oven to 170°.
- 2.** Melt the Tagada® strawberries with milk and butter.
- 3.** Mix all the other ingredients together. When all the sweets are melted, add them to this mixture.
- 4.** Fill cupcake trays 2/3 full and bake for 15 minutes. Once the cupcakes are baked, let them cool.
- 5.** Arrange your cupcakes. Fill a piping bag with Tagada® icing and place on top of the cupcakes. Add a Tagada® strawberry. Enjoy with tea



Milk chocolate cupcakes and marshmallows

FOR 4 PERSONS • PREPARATION: 15 MIN • COOKING: 15 MIN



Ingredients:

Cakes:

- 50g milk chocolate
 - 30g of butter
 - 20 marshmallows
- 1 egg
- 30g powdered sugar
 - 10g of flour

Chocolate sauce:

- 100g milk chocolate
- a small glass of milk

Preparation:

Cakes:

- 1. Preheat the oven** to 200°C (th.6/7).
- 2. Melt the milk chocolate** with the butter and marshmallows over low heat in a saucepan.
- 3. Break the egg in a bowl** and whisk it with the sugar. Add the melted chocolate and then the flour. Stir to combine.
- 4. Divide the mixture** into small buttered individual silicone moulds. Bake for 15 minutes.

Chocolate sauce:

- 1. Melt the milk chocolate** with the milk in a bain-marie.
- 2. Coat your cupcakes** with the chocolate sauce. Taste warm.



Caramelized banana sponge cake and caramel dome

FOR 3 PERSONS • PREPARATION: 40 MIN • COOKING: 25 MIN



Ingredients:

Genoa:

- 2 eggs
- 65g of flour
- 65g of sugar
- 1 pinch of salt.

Caramelized bananas:

- 2 bananas
- 2 tablespoons of salted butterscotch

Caramel dome:

- 35g powdered sugar

Preparation:

Genoa:

1. **Preheat the furnace** to 180°C (th.6).
2. **Separate the whites** from the yolks.
3. **Whip the yolks** with the sugar then add the flour and mix.
4. **Whisk the egg whites** firmly with a pinch of salt. Gently fold the egg whites into the egg yolk/sugar/flour mixture. Mix in.

5. **Divide the preparation** into 3 moulds in the shape of half spheres previously buttered. Bake in the oven for 25 minutes (check the cooking time). Leave to cool and then remove from the moulds.

Caramelized bananas:

1. **Cut 12 banana slices** and set aside.
2. **Cut the rest of the bananas** into cubes (not too small, otherwise it will make mashed potatoes).

3. **Put the banana cubes** in a frying pan over low heat with the salted but-

terscotch. It is necessary that the pieces are completely coated with the caramel, for this, stir gently so as not to crush the banana. Leave on the heat for 2 min. Set aside.

Caramel domes: the most complicated step of this dessert!

1. **Turn your moulds** into the half spheres that you used for the sponge cakes, oil the top.
2. **Put 35g of powdered sugar** in a saucepan. Put on medium heat and let the sugar melt into caramel! Do not stir at all! When the caramel has browned, remove from the heat.
3. **Take a spoon** and pour the caramel in a thin stream over the oiled half spherical mussels. Make circles. Let cool and peel off gently.
4. **Assemble your dessert.** Place the caramelized banana on the sponge cake, 4 slices of banana and the caramel dome. It's ready to eat!



Tagada® and Tagada Pink® charlottes

FOR 4 SMALL CHARLOTTES • PREPARATION: 30 MIN • COOL: 4H30 MIN



Ingredients:

Cakes:

- 28 pink cookies
- 10 strawberries (fruit)
- 25 Tagada® strawberries
- 25 Tagada Pink® strawberries
 - 40cl full cream
 - 4 egg whites
 - 1 pinch of salt

Preparation:

1. Make Tagada® Strawberry Mousse and Tagada Pink® Strawberry Mousse. Melt the Tagada® strawberries with 20cl of liquid cream over low heat. Once the mixture is homogeneous, let cool and refrigerate for at least 4 hours. Proceed in the same way with Tagada Pink® strawberries.

2. When the 4 hours have elapsed, beat the creams (separately) with an electric whisk in a whipped cream style.

3. Whisk 2 egg whites until stiff and fold them gently into the Tagada® whipped cream. Refrigerate for 30 minutes. Do the same with Tagada Pink® whipped cream.

4. Cut 10 strawberries (fruit) into pieces. Set aside.

5. Put a glass in the center of a small plate, place the pink cookies around it and tie with a small ribbon. Carefully remove the glass trying to hold the cookies, place some strawberry pieces, Tagada Pink® foam in the center of the Tagada® foam, then place a Tagada® or Tagada Pink® strawberry on top. Proceed in the same way with the other 3 charlottes. Enjoy!



Cookies

FOR 15 COOKIES • PREPARATION: 15 MIN • COOKING: 10 MIN



Ingredients:

- 250g of flour
- 125g of brown sugar
- 1 sachet of vanilla sugar
 - 1 pinch of salt
- 1/2 sachet of baking powder
 - 1 egg
 - 125 g butter
- 2 tablespoons of honey
 - milk chocolate chips

Preparation:

Cakes:

- 1. Preheat the oven** to 200°C (th.6/7).
- 2. Mix the flour**, vanilla sugar, brown sugar, salt, and yeast in a large bowl.
- 3. Melt the butter**, add the beaten egg and honey. Add to the preparation. Mix with a wooden spoon and finish by hand.
- 4. Shape small balls of dough** and place them 2 cm apart on a baking tray covered with baking paper. Bake in the lowest part of your oven. Bake them for 9 to 11 minutes, depending on the desired cooking time (extra soft, soft or crunchy-mild).

They are as good lukewarm as they are cold.



M^R COOKIE

Pink cookie shortbread

FOR ABOUT 30 SHORTBREADS • PREPARATION: 15 MIN • COOKING: 10 MIN



Ingredients:

- 12 pink cookies
- 140g of flour
 - 2 eggs
- 125g of butter
- 45g of powdered sugar
- 1 teaspoon of baking yeast

Preparation:

- 1. Put the pink cookies in the bowl** of a blender to reduce them to powder.
- 2. In a large mixing bowl, mix the flour,** baking powder and powdered sugar.
- 3. Melt the butter** and gradually add it to the mixture while stirring with a wooden spoon.
- 4. Add the beaten eggs and mix again.** If the dough becomes too difficult to work with the wooden spoon, do it with your hands.

5. Roll the dough into a ball, wrap it of a cling film and put it in the fridge 1h30.

6. Preheat the oven to 180 ° C (th.6). Spread the dough on a work surface floured on 4mm thick.

7. Cut out shortbread with a cookie cutter. Place them on a baking sheet lined with parchment paper. Bake for 10 minutes. Let cool and sprinkle with powdered sugar before eating.



Lemon meringue pie

FOR 6 PERSONS • PREPARATION: 40 MIN • COOKING: 35 MIN



Ingredients:

- 1 shortbread dough

Lemon curd:

- the juice of 3 lemons
- zest of an organic lemon
 - 150g of sugar
 - 3 eggs
- 1 tablespoon cornstarch

Meringue:

- 2 egg whites
- 1 pinch of salt
- 75 g sugar

Preparation:

1. Preheat the furnace to 180°C (th. 6).

2. Put the dough in a pie dish previously buttered. Place a sheet of baking paper and ceramic balls on the dough. Bake in the oven for 15min.

Lemon curd :

1. Put the juice of the 3 lemons, the zests, the sugar, the cornstarch, stir and heat on low heat. Add the beaten eggs and stir continuously with a whisk over medium heat until thickened.

2. Pour the lemon curd into the cooked dough. Bake again for 15 minutes at 125°C. Take out of the oven and let cool.

Meringue:

1. Beat the egg whites until stiff with a pinch of salt, add the sugar and beat for another 5 minutes.

2. Place the meringue on the whole tart with a spatula.

3. Brown the meringue in a hot oven for 5 minutes or with a kitchen blowtorch.



Tagada® and strawberry tiramisu mousse with Tagada® and Coca-Cola®

FOR 6 PERSONS • PREPARATION: 1 H • COOL: 1 DAY



Ingredients:

Tagada® mousse:

- 25 Tagada® strawberries
 - 20cl full cream
 - 2 egg whites
 - 6 strawberries

Tiramisu:

- 7cl of Coca-Cola®.
- 175g of strawberries
- 1 tablespoon lemon juice
- 2 eggs, 90g mascarpone
- 8 pink cookies from Reims
 - 25g powdered sugar
 - 1 pinch of salt

Preparation:

Tagada® foam:

- 1. Melt the Tagada® strawberries** with 20cl of liquid cream over low heat. Once the mixture is homogeneous, let cool and put in the refrigerator for at least 4 hours.
- 2. When the 4 hours have elapsed,** whip the cream with an electric whisk.
- 3. Whisk the egg whites** until stiff and fold them gently into the Tagada® whipped cream. Refrigerate for 30 minutes.
- 4. Cut the 6 strawberries** (fruit) in half, arrange them in 2 glasses and add Tagada® mousse (keep a little mousse for the tiramisu). Make the tiramisu.

Tiramisu:

- 1. Mix the Coca-Cola®,** lemon juice, 5g of sugar, 175g of diced strawberries and leave to marinate for 3 hours in the fridge.
- 2. Drain them** and keep the marinade juice.
- 3. Separate the whites** from the yolks. Beat the yolks with 20g of sugar until white.
- 4. Add the mascarpone,** then 4 tablespoons of marinade.
- 5. Gently stir** in the stiffly beaten egg whites with the salt.
- 6. Place the remaining Tagada® mousse,** strawberries, a layer of coarsely broken pink cookies and 2 tbsp of marinade in 2 large glasses. Press down well and cover with mascarpone cream. Cover and store in a cool place for 12 hours. Serve well chilled!



Violet marshmallows

FOR ABOUT FORTY MARSHMALLOWS • PREPARATION: 40 MIN • REST: 2H



Ingredients:

- 250 g powdered sugar
 - 6 gelatin leaves
 - 3 egg whites
- 2 tbsp of violet syrup
- a few drops of food coloring (optional)
- 60 g powdered sugar
 - 30 g corn starch

Preparation:

- 1. Put the gelatine** to soak in a bowl of cold water for 10min.
- 2. Pour the powdered sugar** in a pan with 8 cl of water. Heat over medium heat until it boils. Let it boil, watching the temperature rise with a thermometer up to 130°C (without thermometer, once the syrup has boiled, leave it on the heat for another 5-6min).
- 3. In the meantime, beat the egg whites** with an electric whisk until they have a foamy consistency.
- 4. When the syrup reaches 130°C**, remove it from the heat and drizzle it gently over the egg whites while continuing to beat.
- 5. Add the wrung out gelatine**, then the flavouring and colourings, still allowing the mixer to rotate. Continue until you obtain a thick and warm dough.
- 6. Prepare the coating:** mix the powdered sugar and cornstarch in a bowl.
- 7. Oil a baking dish** and sprinkle with some of the coating.
- 8. Once the egg white / gelatin / syrup mixture has become warm and firm**, pour it into the dish. Sprinkle the top of the marshmallow with coating. Allow to dry for 2 hours at room temperature.
- 9. When the marshmallow seems to be set and comes off the dish**, cut cubes with a knife that should be moistened regularly by dipping it in a bowl of hot water to prevent the marshmallow from sticking to the knife.
- 10. Roll the marshmallows in the coating** and remove the excess by sifting them in a colander. It is important that as little as possible remains. The drying time of the marshmallows varies according to the thickness. You can replace the violet syrup by grenadine, orange blossom, rose water. It's up to you !



Clementine tarts

FOR 2 PERSONS • PREPARATION: 25 MIN • COOKING: 25 MIN



Ingredients:

- 1 shortbread dough
- 1 clementine cut into thin slices
 - the juice of 2 clementines
 - the zest of a clementine
- 1/2 sachet of vanilla sugar
 - 1 egg, 30g sugar
 - 1 tbsp cornstarch
 - 20cl of water
 - 20g of sugar

Preparation:

- 1. Preheat the furnace** to 180°C (th.6).
- 2. Cut out rounds of dough** with a cookie cutter, and fill 2 tartlet molds previously buttered.
- 3. In a bowl, mix the egg, sugar, vanilla sugar** until the cream turns white. Add the cornstarch, the zest and the juice of clementine. Mix well.
- 4. Fill the tart bases** with the cream and bake in the oven for 20 minutes.
- 5. While waiting for the tartlets to cook**, prepare the candied clementine slices. In a saucepan, heat the water and sugar and when it starts to boil, add the clementine slices and leave to cook. As soon as it starts to caramelize, remove the pan from the heat and let the slices cool, then decorate the cooled tarts with the slices of candied clementines.



Milk chocolate fondant with chestnut cream

FOR 6 FLUXES • PREPARATION: 25 MIN • COOKING: 35 MIN



Ingredients:

- 6 large tablespoons of chestnut cream
- 100g of milk chocolate
 - 100g of butter
 - 3 eggs

Preparation:

- 1. Preheat the oven** to 150° (th.4/5).
- 2. In a double boiler, melt the milk chocolate** with butter until a smooth cream.
- 3. Off the heat, add the 6 tablespoons of chestnut cream**, stir to obtain a homogeneous preparation.
- 4. Add the beaten eggs**, mix well.
- 5. Butter individual moulds**, pour the mixture into them and bake in the oven for 35min. Wait until the fondants have completely cooled down before removing them from the moulds. Serve with custard.



Violet cupcakes

FOR 10 CUPCAKES • PREPARATION: 30 MIN • COOKING: 20 MIN



Ingredients:

Icing:

- 100 gr white chocolate
 - 75 gr of butter
- 100 g powdered sugar
- 2 tablespoons of violet syrup
 - purple food coloring

Cakes:

- 125 g flour
- 100 g powdered sugar
 - 80 g soft butter
 - 2 eggs
- 1/2 bag of yeast
- 1/2 sachet of vanilla sugar
- 1 tablespoon violet syrup

Preparation:

Icing:

1. Melt the white chocolate in a double boiler.
2. Add the ointment butter, violet syrup, powdered sugar and coloring. Mix and chill.

Cakes:

1. Preheat the oven to 180°C (th.6).
2. In a bowl, beat the eggs with sugar, vanilla sugar, and flour previously mixed with baking powder.
3. Add the melted butter, the violet syrup and mix well to obtain a homogeneous dough.
4. Place paper cups in muffin tins. Pour in the dough to the 2/3. Bake for 15 to 20 minutes. Watch the cooking with a knife blade.
5. Once cooked, let cool and set your cupcakes. Fill a piping bag with the violet icing and put it on the cupcakes. Add a violet candy. Enjoy with tea.



Caramel flowing

FOR 4 RUNNERS • PREPARATION: 20 MIN • COOKING: 8 MIN



Ingredients:

- 150g of sugar
- 100g of butter
- 1 pinch of salt
- 6 tablespoons of fresh cream
 - 4 eggs
- 140g of flour

Preparation:

- 1. Preheat the oven** to 180°C (th6).
- 2. Butter and flour** 4 silicone muffin tins.
- 3. In a saucepan, make a caramel with the sugar and 1 tablespoon** of water (do not stir!). Leave to cook until you get a nice colouring.
- 4. Add the butter**, fresh cream and salt. Mix and leave to cool (watch out for splashes!).
- 5. Once cooled**, add the eggs and the flour.
- 6. Fill the moulds 3/4 full with dough.** Place in the oven and bake for 7 to 8 minutes. Turn out carefully and serve immediately. Accompany this dessert with whipped cream or a scoop of vanilla ice cream.



Mars® croissant

FOR 4 CROISSANTS • PREPARATION: 20 MIN • COOKING: 15 MIN



Ingredients:

- 1 puff pastry
 - 1 Mars®.
 - 1 egg yolk
- 2 tablespoons of milk
- brown sugar

Preparation:

- 1. Preheat the oven** to 200°C (th.7).
- 2. Cut the Mars®** into small cubes.
- 3. Cut the puff pastry** into 4 triangles. Place them on a baking tray covered with baking paper.
- 4. Divide the Mars® cubes** between the triangles and roll them into a crescent shape.
- 5. Beat the egg yolk with the milk.** Brush the croissants with the milk and sprinkle with brown sugar. Bake for 15 minutes. Ideal for breakfast with fresh fruit juice.



Brioche with pink pralines

FOR 6 PERSONS • PREPARATION: 45 MIN • COOKING: 30 MIN • REST: 12H



Ingredients:

- 250g of flour (+ 1 good handful more)
- 3 eggs
- 2.5 cl warm milk
- 30g caster sugar
- 1 large pinch of salt
- 1 sachet of freeze-dried yeast (10 g)
 - 150g soft butter in small pieces
 - 150g of crushed pralines
 - granulated sugar

Preparation:

1. In a bowl, dilute the yeast in the milk.

2. In a salad bowl, pour the flour, salt, sugar and mix with a wooden spoon. Pour the yeast/milk mixture into the bowl. Add the eggs one by one. Mix well.

3. Add the butter. It needs to be well incorporated into the dough, which takes a little time and the addition of flour. Knead the dough for about ten minutes. It should be soft and elastic.

4. Put the dough in a clean bowl covered with cling film and leave it in a warm place for 2 hours until the dough doubles in volume.

5. Then rework the dough and put it in the fridge overnight (between 10 and 12 hours).

6. The next day, roll out the dough. Fold the dough into 4, roll it out again and fold it again into 4. Roll out the dough into a large rectangle and sprinkle with crushed pralines, taking care to remove the almonds (especially!).

7. Roll out the dough like a log. Cut into 6 rolls. Place the rolls (with the cut side exposed) in a baking paper-lined springform pan, leaving space between each piece of dough. Let the dough double in volume under an oiled cooking thread.

8. Brush the brioche with egg, sprinkle with granulated sugar and bake for 30 minutes in an oven preheated to 180°. Serve warm with a glass of milk.



Apple and Raspberry Meringue Crumble

FOR 4 CROISSANT • PREPARATION: 50 MIN • COOKING: 25 MIN



Ingredients:

- 2 apples
- 75g of sugar
- the juice of 1/2 lemon
- 18 raspberries
- 4 pure butter Breton palets
 - 1 egg white
 - 1 pinch of salt

Preparation:

- 1. Preheat the oven** to 210°C (th.7).
- 2. Peel the apples** and slice them into coarse strips.
- 3. Cook them for 25 min in a hot frying pan** with 40g of sugar and the lemon juice. Divide this compote between buttered verrines. Place 5 raspberries, 1 crumbled Breton puck and put in the oven for 15 minutes. Cover with aluminium foil and re-bake for another 10 minutes.
- 4.** Meanwhile, prepare the meringue. Beat the egg white with the very firm salt, add 35g of sugar and whisk for another 5 minutes. Place a little of the meringue on the crumble with the aid of a piping bag. Place them under the hot grill for 2 minutes.
- 5.** For the small biscuit, place 4 raspberries on the 2 remaining Breton palets and a small knob of meringue between each raspberry. Place under the hot grill for 1 minute; eat warm.



Pancakes with caramelized apples

FOR 10 CUPCAKES • PREPARATION: 15 MIN • REST: 1H



Ingredients:

Pancakes:

- 65g of flour
- 65g corn starch
- 1 tablespoon of sugar
- 1 sachet of vanilla sugar
 - 2 eggs
- 1 tablespoon of oil
- 25cl of milk

Caramelised apples:

- 4 apples
- 20g sugar
- 20g semi-salted butter

Preparation:

Pancakes:

1. Mix all the ingredients and blend with a hand blender to obtain a homogeneous paste. Cover and leave to rest for 1 hour.

Caramelised apples :

1. Peel and dice the apples.
2. Caramelize them in butter and sugar.
3. Cook 10 thin pancakes, place caramelised apples in the centre of each. Fold in 4 and coat with the apple cooking juices.



Rose cupcakes

FOR 10 CUPCAKES • PREPARATION: 25 MIN • COOKING: 20 MIN



Ingredients:

Cupcakes:

- 125 g flour
- 100 g powdered sugar
 - 80 g soft butter
 - 2 eggs
- 1/2 bag of yeast
- 1/2 sachet of vanilla sugar
- 1 tablespoon of rose water

Icing:

- 125 g mascarpone
- 30g of powdered sugar
- 2 tablespoons of rose water

Preparation:

Cupcakes:

- 1. Preheat the furnace** to 180°C (th.6).
- 2. In a bowl**, beat the eggs with sugar, vanilla sugar, and flour previously mixed with yeast.
- 3. Add the melted butter**, rose water and mix well to obtain a homogeneous dough.
- 4. Place paper cups in muffin cups.** Pour the dough in 2/3 of them. Bake for 15 to 20 minutes. Watch the baking with a knife blade. Leave to cool.

Icing:

- 1. Mix the mascarpone**, powdered sugar and rose water.
- 2. Arrange your cupcakes:** fill a piping bag with the rose icing and place it on top of the cupcakes. Enjoy with tea.



Violet meringues

FOR ABOUT 30 SMALL MERINGUES • PREPARATION: 20 MIN • COOKING: 2H



Ingredients:

- 2 egg whites
- 1 pinch of salt
- 100g of sugar
- a few drops of violet aroma
 - purple dye

Preparation:

- 1. Preheat the furnace** to 80°C.
- 2. Whisk the egg whites** until stiff with the salt using an electric whisk.
- 3. Add the sugar**, aroma and colouring, beat for another 5 minutes.
- 4. Fill a piping bag** with a tip.
- 5. Make small staggered piles** on a baking sheet covered with baking paper.
- 6. Bake for 2 hours** at the lowest point of your oven. Allow to cool before peeling them off. They keep very well in a metal box. You can also vary the aroma of your meringues.



Cupcake of Love

FOR 10 CUPCAKES • PREPARATION: 20 MIN • COOKING: 20 MIN



Ingredients:

- 125 g flour
- 100 g powdered sugar
 - 80 g soft butter
 - 2 eggs
- 1/2 bag of yeast
- 1/2 sachet of vanilla sugar
- 10 tbsp of jam of your choice (here, redcurrant jam)
 - chantilly
- sugar heart decorations

Preparation:

- 1. Preheat the furnace** to 180°C (th.6).
- 2. In a bowl, beat the eggs with sugar**, vanilla sugar, and flour previously mixed with yeast.
- 3. Add the melted butter**, and mix well to obtain a homogeneous dough.
- 4. Place paper cups in muffin tins.** Place a teaspoon of jam in each box. Pour the dough in 2/3 of it. Bake for 15 to 20 min. Watch the cooking with a knife blade.
- 5. Let cool, put whipped cream on the cupcakes** and add a few small sugar hearts





Diagnosed in 2011, Mégame has a natural bubbly and joyful personality and is passionate about cooking and photography. At the age of 20, she became the author of this recipe book dedicated to Wilson's patients or to all those who simply love to cook and enjoy themselves.

23 sweet and 18 savory recipes to share with friends or family, simple and delicious recipes for entertaining or for every day; that's what Mégame offers us through her "Wilson style" recipes.

Good tasting to all!