



YOUR SONG FOR THE SEA

Verbena. Lavender. Hemp seeds. Pink grapefruit. Rose. Chervil.



Brittany herbs have long had a place in folklore and witches’ spellbooks for their healing properties and the elemental virtues they instil. There’s some kind of magic in choosing favourite botanicals and seeking out their spirit, only to find you embody them in life or purpose. Gâteau for devotion, happiness, creativity, sincerity, joy and love.

- 1 Preheat the oven to 160°C. Line a 20 cm | 25 cm round cake tin with baking paper.
- 2 Blitz the sugar in a food processor with the lavender, half the ruby grapefruit zest, salt flakes and the vanilla seeds only (not the bean) to release the aroma. If you don’t have a food processor, just rub everything together with your fingertips or use a pestle and mortar, adding only 1 tablespoon of sugar to the bowl for friction to create the infusion and release the flavours.
- 3 Combine all the sugar and flour in the bowl of either a food processor or an electric mixer fitted with the paddle attachment and blend briefly to combine, then add the butter and blitz or beat until fine breadcrumbs form. Add the egg yolks to the mixture and beat to combine everything until a thick paste forms. Remove the bowl and use a spatula to fold the mixture a few times, scraping all the way to the bottom of the bowl to incorporate the mixture evenly, then fold through half the chervil leaves and half the lemon verbena leaves (no stems).
- 4 Spoon the batter into the prepared cake tin and smooth the top using an offset palette knife, then brush the top of the cake with the extra beaten egg yolk, adding a splash of water for fluidity. Score the top of the cake with a knife in a diamond pattern and sprinkle with hemp seeds, more salt flakes, the remaining grapefruit zest and extra lavender. Finish the top with the nasturtium leaves and flowers, the rose geranium leaves, spent vanilla bean, and remaining chervil and lemon verbena (stems on this time). Bake for 30 minutes | 40 minutes or until the top is golden brown and an even colour all over. This is generally an indicator the cake is cooked, as the colour and heat will reach the centre last.
- 5 Remove the cake from the oven and allow it to cool in the tin. Once cooled, tilt the cake at a 45-degree angle to remove it from the tin. This cake is very durable and is known as a travelling cake, having traditionally been sent all over France by post. With a texture described as ‘sandy’ like shortbread, it is even great eaten stale but keeps on the kitchen bench for days and days.
- 6 The botanicals I’ve used in this recipe are my favourite, but you can use any you like, depending on your nature. (*end.*)

SIZE	20cm	25cm
SERVES	10-15	15-20

GATEAU BRETON		
caster sugar	180g	270g
organic dried lavender, plus extra for sprinkling	2 tsp	3 tsp
ruby grapefruit, zested	1	1
sea salt flakes, plus extra for sprinkling	½ tsp	¾ tsp
vanilla bean, split and seeds scraped	1	1
spelt or rosella wheat flour (or 200g / 300g plain flour)	180g	270g
unsalted butter, cold	250g	375g
egg yolks, plus extra 1 yolk for the glaze	6	9
bunch of chervil	¼	½
bunch of lemon verbena	¼	½
	(6 dried leaves)	(8 dried leaves)
hemp seeds	2 tsp	3 tsp
nasturtium leaves and flowers	3	3
rose geranium leaves	2	3

