

THE SOUFFLÉ A much-loved French favourite, made by legendary chefs from François Massialot to Antoine Beauvilliers, then perfected and sweetened by Antonin Carême in the 1820s.

THE TATIN It was at the end of the 19th century that the famous upside-down tart became very popular throughout the Sologne region, at the Hôtel Tatin, run by sisters Stéphanie and Caroline, hoteliers in Lamotte-Beuvron. After forgetting to turn it over while baking, they decided to simply add the pastry on top of the apples and bake the tart that way.

THE MILLE-FEUILLE First appearing in the 19th century, created by the pastry chef Rouget, it received praise from Grimod de La Reynière in 1807, who said: 'Such a cake must be conceived by a man of genius and kneaded by the most skilled hands.'

THE CHARLOTTE In homage to Charlotte of England, wife of George III, this dessert, which appeared in Great Britain at the end of the 18th century, was made from breadcrumbs and apple compote flavoured with cinnamon. Antonin Carême, charmed by the shape of the charlotte mould, created the charlotte à la parisienne for Talleyrand: ladyfinger biscuits and Bavarian cream (custard thickened with gelatine).

THE FONTAINEBLEAU Created in Fontainebleau, the town loved by French royalty, this airy delicacy mixes fresh creamy white cheese together with whipped cream to create a mild, sweet dessert that's fit for a king.



) Dorchester Collection