

Flavours of France

Navette cookies from Marseille

American-born blogger and hotelier **Jamie Schler**, who has lived in France for 30 years, shares a recipe from her first book, about cooking with oranges

Makes 12

It isn't often that we find traditional French pastries flavoured with orange, but these wonderful cookies from the Mediterranean port city of Marseille are fragrant with orange blossom water and orange zest.

Tender on the inside with the barest crunch on the outside when warm, *navettes* become crispier as they cool, all the better to dunk them in a mug of coffee or tea, or a glass of milk.

Navettes are shaped like the little boats they are named after, and are traditionally eaten in Marseille for the February holiday of Candlemas – *le Chandeleur* – while the rest of the country celebrates with *crêpes*. We love these olive oil and orange blossom water pastries all year round.

- 1/2 cup/100g granulated white sugar
- 1 large egg
- 1 rounded tsp orange zest
- 3 tsp orange blossom water
- 3 tbsp olive oil
- 1/4 tsp salt
- 1 3/4 cups plus 2tbs (9oz/250g) all-purpose flour
- Milk, for brushing

1 In a medium mixing bowl, beat the sugar and the egg on medium-high speed until pale, thick, and creamy, about two minutes. Beat in the zest, orange blossom water and oil.

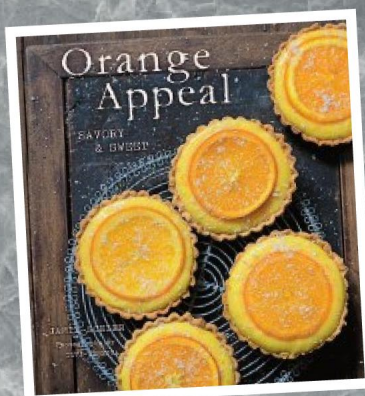
2 Stir the salt into the flour and then beat two-thirds of the flour into the batter in two or three additions. Finish folding the flour in by hand, kneading until all of the flour has been added and a smooth dough has developed. Form the dough into a ball, wrap in plastic wrap, and refrigerate for one hour.

3 Preheat oven to 350°F/180°C). Line a baking sheet with parchment paper.

4 Take the dough out of the refrigerator and slightly flatten the ball into a disc. Cut the dough into 12 even wedges. Roll each wedge into a 3in/7cm-long oval log and place on the prepared baking sheet. Shape the pieces of dough into small '*navettes*' or little boats by pressing to flatten just a bit, and pinching the two ends

into rounded points. Make a 2in/5cm slit down the centre of each with a sharp knife, cutting only halfway down into the dough, and carefully push the slit open slightly. Brush each cookie lightly with milk.

5 Bake for 20-25 minutes, or until golden; the tips and undersides should be a deeper golden brown. Remove from the oven and allow the cookies to cool on a rack. Store in a covered container. [👉](#)



Taken from *Orange Appeal - Savory & Sweet*, by Jamie Schler, photographs by Ilva Beretta. Published by Gibbs Smith, priced £18.99, and reprinted with permission.

BON APPÉTIT

