



Chocolate Tips

SERVES (YIELD): 4
DIFFICULTY RATING: ●●●
PREPARATION TIME: 3 HOURS
COOKING TIME: N/A

SPECIAL EQUIPMENT

4 x 5cm x 5cm dia. dariole moulds
4 rectangular acetate 17½ cm x 6½ cm
4 x 5½ cm x 3 cm plastic rings
4 x 13cm dia. saucers
Small plate knife
Greaseproof paper
1 x rectangular frame 16cm x 23cm
Food probe
Sugar thermometer

PLANNING AHEAD:

The chocolate work needs to be prepared 24 hours in advance to allow the chocolate to set.

INGREDIENTS

For the chocolate coffee cup

500g Dark chocolate 55%, 'Valrhona'
250g Dark chocolate 55%, 'Valrhona' chopped
4 Circles of sponge, 3cm dia.
Soaked in: 50ml Espresso coffee

For the coffee parfait & Kirsch sabayon

100g Caster sugar
70ml Water
80g 4 Egg yolks, medium, organic / free range
150g Whipping cream
10g Ristretto coffee (double strength espresso)
15g Kirsch

For the sugar cube ganache

300g Whipping cream
300g 55% Dark chocolate, 'Valrhona', chopped
75g/5tbsp Demerara sugar

METHOD

For tempering the chocolate & preparing the chocolate coffee cups

1 Brush the base of the saucers with a little oil. (*1) Take a piece of cling film and place the saucer bottom-side down. Wrap the cling film around and twist to pull it tight over the saucer, ensure the surface is completely smooth. Repeat this for the remaining three saucers.

2 In a Bain Marie melt 2/3'rds of the chopped chocolate.(500g)

3 Mix in the remaining 1/3rd of the chocolate (250g) and stir to cool rapidly to 32 °C / 63°F (*2) dip the base of the saucer into the chocolate and shake off any excess. Using your thumb & forefinger encircle the plate removing chocolate from the boarder allow to set.

4 Once set, carefully unwrap the cling film and peel away the cling film from the chocolate saucer. Reserve.

5 To make the coffee cup, using a small palette knife spread a thin layer 2-3mm of chocolate across the plastic acetate. Carefully lift a corner up using a pairing knife and hold the acetate by the edges. Bend the edges around to form a circle with the chocolate facing inwards and place into the plastic ring to hold the shape.

6 Ensure that there is a good seal all along the join by dipping your finger in the chocolate and covering the join with a thin layer.

7 Finally to make the handles fill a small piping bag with some tempered chocolate and pipe S-shapes with thickness of 3 mm onto the grease proof and allow to set.

8 When all items have set, assemble them together using some melted chocolate as the cement or gently melt the edges on the side of a hot stove before assembling.

For preparing the coffee parfait and Kirsch Sabayon

1 Whip the cream until firm and reserve in the fridge.

2 In a mixing machine on full speed whisk the egg yolks for 3-5 minutes until they are light and foamy. In a small saucepan, bring the water and sugar to the boil and cook to 120°C / 235°F.

3 With the mixing machine on a medium speed, gently pour the sugar syrup down the side of the bowl and continue to whisk until the egg mixture has cooled.

CHEF'S NOTES: (*)

*1 This allows the cling film to slide over the saucer preventing it from sticking and tearing and creating a smooth surface for the chocolate to mould to. It will also help when you come to unwrap it for assembly.

*2 Once melted, the cacao butter contained in the chocolate, can not regain its original form without help. It requires a crystallisation process which we call tempering.

By adding the chopped chocolate to the hot melted chocolate you will cool the chocolate quickly. As the chocolate cools, crystals within the cocoa butter crystallise leaving the chocolate not only at the right consistency to work at but also giving it its shiny appearance and a nice smooth, cracking texture.

VARIATIONS:

Sabayon

Serve the sabayon on its own, poured over some seasonal berries and dusted with icing sugar.

Parfait

Make a larger amount of the coffee parfait and freeze it in a terrine mould. Slice and serve with toasted nuts and caramel sauce.

Ganache

The ganache cubes would be a lovely petit four after a dinner party.

NUTRITION FACTS

Nutritional highlights

At the centre of chocolate's health benefits are flavonoids. These plant pigments are responsible for many of the benefits of many fruits and medicinal plants, but chocolate may be a much more sensually pleasing vehicle. In addition, there is evidence that not only in chocolate rich in flavonoids, but that factors in chocolate somehow dramatically increase the absorption of the compounds. The key flavonoids are proanthocyanidins (also called procyanidins) similar to those found in grape seed extracts, apples, berries, and pine bark extract. Chocolate is very well endowed with these compounds. In fact, procyanidins constitute from 12 to as much as 48 percent of the dry weight of the cocoa bean. Cocoa powder can contain as much as 10 percent flavonoids on a dry-weight basis.

Health Benefits

One of the key areas of research into the benefits of chocolate consumption is its effect on cardiovascular disease.

CAFÉ CRÈME CONT P2

4 Fold in the whipped cream; divide equally into two bowls, mixing the Kirsch into one bowl (and reserve in the fridge) and the coffee in the other.

5 Then fill 4 dariole moulds up to the top with the coffee sabayon and place in the freezer. When frozen, de-mould by submerging the base of the moulds in boiling water and reserve the frozen parfaits in the freezer until needed

For preparing the ganache for the sugar cubes

1 In a small saucepan over a high heat boil the cream, allow to cool slightly then pour over the chocolate and whisk until smooth. Allow the mixture to cool, then divide into 4 pieces and shape each individual piece into a square, roll in Demerara sugar to coat and reserve in the fridge until required.

For assembling the dessert

1 Carefully place the soaked sponge in the bottom of the chocolate coffee cups, followed by the frozen parfait, spoon the kirsch sabayon over the parfait, place two sugar cubes on the coffee cup saucer and serve to your guests.

2 Garnish with a swirl of coffee essence or caramel.