

Light and fluffy cake, caramelized nuts, chocolate ganache and orange blossom crème anglaise (Gluten and lactose free) - Virtual Workshop Version

Recipe for 2



Description

Crunchy and moist cookie with nuts and a slight salty taste from the peanuts.

Note

If you want to be sure that this is lactose and gluten free, make sure to buy your ingredients from a reputable source and make sure to avoid any cross contamination when cooking.

You can also make this recipe with normal butter for non-allergic guests.

Ingredients

Cake

- 70 Gr Shelled walnuts
- 70 Gr Salted peanuts
- 35 Gr Icing sugar
- 50 Gr Soy butter
- 1 Unit(s) Egg white
- 2 Unit(s) Egg white
- 15 Gr Brown sugar

Dark Chocolate Ganache

- 75 Gr Dark chocolate
- 70 Gr 35% cooking cream
- 10 Gr Butter

Orange Blossom Creme Anglaise

- 250 Ml Milk
- 50 Gr Sugar
- 3 Unit(s) Eggs yolk
- 0.25 Tsp Orange blossom water

Preparation

- Preparation time **20 mins**

- Preheat your **Oven** at **375 F°**

To prepare before class

Ingredients

Make sure to have weighed all your ingredients before class.

Anticipate an extra 50g of butter for the moulds, 100g of sugar also.

Material

1 Food processor

3 mixing bowls

1 electric mixer (ideally), if not, 1 mixing bowl, 1 whisk and some strong arms

Muffin moulds or individual metal moulds.

1 piping bag

1 small cooking pot

1 whisk and 1 rubber spatula

1 brush

1 baking sheet and parchment paper

1 knife

Preparation

Separate your egg yolks and whites, keep the yolks in the fridge and the whites at room temperature.

Grease the cooking molds with soy butter and then sprinkle with white sugar. Gently shake them to remove excess sugar.

Cookie

Combine the nuts, icing sugar and the peanuts. In a bowl, combine in this order: the soft soy butter, the dried fruits and the icing sugar. Add 2 egg whites and combine with a spatula.

With your electric mixer, whip the egg whites (4) and the sugar until it is firm but does not form peaks. Incorporate the egg whites to the dried fruit mixture. Gently combine to reach a homogenous mixture. Fill the cooking molds to 2/3 their height and then transfer to the oven for 9-10 minutes. Wait at least 5 minutes after removing them from the oven before un-molding them.

Ganache

Bring to a boil the corn syrup with the cream and then, in a bowl, pour it all over the chocolate.

With a whisk, slowly blend all the chocolate to make it melt, once this is done add the room tempered butter. Afterwise, you can continue with a handmixer for a homogeneous and smooth texture.

Off in the fridge, a good 3 hours if possible.

Creme Anglaise

Bring to a boil the milk, the orange blossom and two spoonfuls of sugar. While the previous mixture is heating up, whisk the egg yolks with the rest of the sugar for a couple minutes, we need to have a

whitened mixture.

Once your milk is boiling, lower the heat, pour half the milk mixture on your egg yolks and sugar, whisk until homogenous and put back in to the pot to complete the cooking process.

With a wooden spoon, mix without stopping so that the cream does not stick or overcook. Never bring it to a boil, it must come to 84C.

To have a good idea of when it's ready, get your wooden spoon out, tilt it, and run a finger in the middle. If the trace of your finger remains, it is ready.

Pour your cream in a bowl, ideally placed on a larger bowl with ice, the temperature needs to come down as fast as possible to not overcook the egg yolks.

Bon appétit!