

Like a Norwegian omelette, chocolate, vanilla, flambéed with Grand Marnier

Recipe for 4 pers

Description

A recipe that has stood the test of time and created a surprise every time.

Note

To make the omelette easier to assemble, choose a rectangular or square baking tin for the chocolate sponge cake.

The flavor of the sponge cake or ice cream can change to suit everyone's taste.

Ingredients

Chocolate génoise

- 4 Unit(s) Egg
- 125 Gr Sugar
- 75 Gr Flour
- 50 Gr Cocoa powder
- 2 Unit(s) Egg white
- 100 Gr Sugar

Swiss Meringue

- 1 Liter(s) Vanilla ice cream
- 60 Ml Grand marnier

Preparation

- Preparation time **90 mins**
- Preheat your **flashlight** at **212 F°**
- Resting time **30 mins**

Chocolate génoise

Make sure your bain-marie water is hot, then turn down the heat by half. In a bowl, break the eggs, add the sugar and immediately whisk the mixture.

Once the sugar has dissolved, place the bowl on the bain-marie, never stopping to whisk. You should be able to keep your hand on the bowl without burning yourself. If not, get out of the bain-marie. Continue whisking. Return to the bain-marie once your bowl has cooled. Keep whisking until the mixture is smooth and forms a nice ribbon.

Then, off the heat, continue whisking until the mixture has cooled. Once cooled, gently fold in the flour and sifted cocoa using a plastic spatula (Maryse). Pour the sponge into a cake tin (greased with butter and flour, with baking paper on the bottom), and place on a baking tray or not. Bake for 20 to 25 minutes.

Swiss Meringue

Same technique as for the sponge cake, for the meringue on the bain-marie.

Pour the egg whites and sugar into the bowl of an electric mixer, place over a bain-marie and keep whisking.

Once the sugar has dissolved in the egg whites (the mixture will turn white). Make sure the mixture is hot, place the bowl on the electric mixer with a whisk attachment, and turn at medium speed until the mixture has cooled completely.

Syrup, ice cream and assembling

Syrup

Place 300 ml of water in a saucepan with 175 gr of sugar, bring to the boil, then stop cooking. Add the flavoring of your choice (vanilla, alcohol, orange blossom...).

Vanilla ice cream

Unmold your ice cream tub, and cut thick slices like the cookie. Store in the freezer.

Assemble

Place a first strip of chocolate sponge cake on a plate or board (flat).

Drizzle the surface of the cookie with cold syrup, then place a layer of ice cream on top, in the same shape as the chocolate cookie. Repeat the operation with another strip of cookie and vanilla ice cream, finishing with the last strip of cookie, which you place on the top. Soak the cookie, then place the whole thing in the freezer.

Finish

Using a pastry bag with a fluted tip, fill it with cold Swiss meringue and cover the Norwegian omelette with meringue.

Place back in the freezer.

ATTENTION

A delicate stage, with precautions to be taken. Make sure there are no children around, and if you're under a fume hood, make sure it's off.

1st/

Using a blowtorch, burn the meringue onto the omelette, then place it back in the freezer.

2nd / Just before serving.

Heat the alcohol of your choice in a saucepan, using a match, ignite the hot alcohol in the saucepan, pour directly over the Norwegian omelette.

Bon appétit!