

World Gourmet Summit 2006
Culinary Workshop and Luncheon
Four Seasons Hotel Singapore

26 April 2006 / 10.00am - 2.30pm

Creamy Chocolate Mid-Bitter with Cocoa Sorbet

Presented by:
Iconic Chef Philippe Legendre

Serves 6
Ingredients

Chocolate Cream

60g Fresh cream
96 g Egg yolk
96 g Sugar
114 g Milk
180 g Mid-bitter confectioner's chocolate

Chocolate Biscuit (without flour)

Egg yolk
56 g Egg white
94 g Sugar
124 g Mid-bitter confectioner's chocolate
90 g Butter
90 g Almond powder
30 g Cocoa
11 g

Chocolate Strudel

Flour Type 55
37 g Finely granulated sugar
37 g Almond powder
37 g Dry butter
37 g Table salt
70 g Cocoa powder
5 g

Nougatine Leaf Chocolate

Isomalt or Patisomalt Sugar
150 g Melted confectioner's chocolate
15 g

Cocoa sorbet:

Water
450ml Trimoline
56 g Sugar
56 g Stabiliser Frucodan
4.5 g Caraïbes chocolate
202 g



Method

1. For the cream: Whisk the cream, egg yolk and sugar together in a large metal bowl. Set aside. Bring the milk to a low simmer in a double-boiler, add in chocolate and stir until well incorporated. Then fold into cream mixture and refrigerate until ready to serve.
2. For the chocolate biscuit: Whip the egg whites very stiff then add two tablespoons of the sugar slowly to the egg-whites while continuing to whisk. Mix the rest of the sugar with the ground almonds and carefully fold this into the mixture. Cook the mixture on a low heat until it begins to stiffen. Spoonfuls of the mixture are now put on to a baking tray (use a good grade of baking paper or they stick) and baked in the oven at 150 C (300F) for 12 - 15 minutes.