

Flavors of the World: Chocolate

Presented 3/20/2018 by Gabriela Langhoff

Chocolate Ganache Truffles

Ingredients:

8 ounces semisweet or bittersweet chocolate (cacao content of about 60% works best)

½ cup cream (for chocolate with 70% cacao, increase the cream by a Tablespoon or two)

1 Tablespoon butter (optional)

1 Tablespoon rum or other liquor (optional)

1/2 cup unsweetened cocoa powder for coating the truffles (other options: chopped nuts or melted and tempered chocolate)



Directions:

1. Chop the chocolate into fairly even, small pieces. A heavy serrated knife works well.
2. Heat the cream in a saucepan over medium heat until it begins to boil. Remove from heat. Add the chopped chocolate to the cream. For an extra smooth truffle, add butter. Add any liquor here, too. Wait a minute or two until most of the chocolate and butter are melted.
3. Transfer to a mixing bowl. Whisk until smooth. Once the chocolate is mostly melted, quickly but gently transfer the mixture to a bowl so that you can form your emulsion in a cooler environment.
4. Whisk the mixture vigorously until it's thick and smooth, scraping the bottom and sides of the bowl and incorporating all the cream and chocolate. If available, use an immersion blender to help make sure the emulsion is stable.
5. If the ganache shows signs of breaking at this point (if it looks curdled or oily), you can add a few drops of cream to help re-emulsify it. A well-emulsified ganache should look like chocolate pudding: thick, smooth, and glossy. Leave it in a cool spot to firm up for at least four hours, ideally overnight.
6. Once the ganache has set into a uniformly firm mass, scoop out small balls with a melon baller or spoon. Roll each one briefly in the palms of your very clean (or gloved) hands. It helps if you have cold hands or are in a cool room.
7. Chill the truffle balls for about 15 minutes. Prepare your chosen coating.
8. If after 15 minutes your ganache isn't firm enough to scoop into balls, transfer to the refrigerator to harden. Or, whip it very briefly until the color just begins to lighten: about 30 seconds on medium-low with a hand mixer. Let it set again, and it will firm up.
9. Roll the truffles in cocoa powder, shaking off excess cocoa. Or roll them in chopped nuts or melted and tempered chocolate.
10. Store at room temperature for up to a week, in the fridge for two to three weeks or in the freezer for two months. They taste best eaten at room temperature.

Impossible Cake (AKA Chocoflan)

Ingredients:

For the mold:

- 1-2 Tablespoons softened butter
- Flour for dusting
- 1 cup Cajeta or any high-quality caramel sauce

For the cake:

- 5 ounces (10 Tablespoons) butter, slightly softened
- 1 cup sugar
- 1 egg
- 2 Tablespoons espresso powder dissolved in 1½ Tablespoons hot water
OR 3 Tablespoons espresso
- 1¾ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ⅓ cup plus 1 Tablespoon cocoa powder
- 9 ounces buttermilk

For the flan:

- 1 can evaporated milk (12 ounces)
- 1 can sweetened condensed milk (14 ounces)
- 4 eggs
- 1 teaspoon pure vanilla extract

Instructions:

- 1. Prepare the pan.** Preheat oven to 350 degrees with rack in the middle. Generously butter the bottom and sides of a 12-cup Bundt pan. Dust with flour.
- 2.** Microwave the Cajeta for 30 seconds to soften, then pour the caramel sauce in the bottom of the pan, tilting the pan to coat the bottom evenly.
- 3.** Set a kettle of water over medium-low heat. Set out a deep pan that's larger than your cake pan (a roasting pan works well) that can serve as a water bath during baking.
- 4. Make the cake.** With an electric mixer, beat the butter and sugar at medium-high speed until light in color and texture. Scrape the bowl. Beat in the egg and espresso. Sift together the flour, baking powder, baking soda and cocoa. Beat in about half of the flour mixture, at medium-low speed, followed by half of the buttermilk. Repeat. Scrape the bowl, then beat on high for 1 minute.
- 5. Make the flan.** In a blender, combine the two milks, the eggs and the vanilla. Blend until smooth.
- 6. Layer and bake.** Scrape the cake batter into the prepared Bundt pan and spread level. Slowly, pour the flan mixture over the cake batter.
- 7.** Pull out the oven rack, set the Bundt pan into the large pan, then set both pans on the rack. Pour hot water into the large pan to a depth of about 1 inch. Carefully slide the rack into the oven.
- 8.** Bake about 75 minutes or until the surface of the cake is firm to the touch, or an inserted toothpick comes out clean. Remove the Bundt pan from the water bath and cool to room temperature, minimum 1 hour.



- 9. Serve.** Carefully run a thin-bladed knife around the edge of the cake/flan to free the edges. Invert a rimmed serving platter over the cake pan, grasp the two tightly together, then flip the two over. Gently jiggle the pan back and forth several times to insure that the cake/flan has dropped, then remove the pan. Scrape any remaining Cajeta from the mold onto the cake.