

- 3/4 Cup Skim Milk
- 1/4 Cup Sugar
- 16 Ounces Whole Frozen Strawberries
- 2 Small Jalapeño Peppers (seeded)

Added in this order and using the proprietary Vita-Mix features, you can prepare this fabulous chef-inspired treat in less than thirty seconds!

Fire & Ice Ice Cream

*"It's indispensable!
There is no other machine
that delivers this much
performance. And, it's fast
and easy!"*

*-Michael Symon, Owner and Chef
Lola Bistro & Wine Bar
Cleveland, Ohio*



It's been called the most versatile kitchen appliance on the planet! That's why the world's great chefs turn to the Vita-Mix for many of their fabulous dishes.

Chances are you've tasted wonderful Vita-Mix prepared foods and drinks in leading restaurants, bistros and fine coffeehouses on all corners of the globe. Designed and manufactured by

with **Vita-Mix** Super 5000.

the Vita-Mix Corporation, the Vita-Mix has been astounding chefs for over 80 years.

The Vita-Mix Super 5000 can turn your home kitchen into a world-class culinary location of its own as you discover the cooking secrets of the world's great chefs. You'll create fiber-rich whole juices, cook steaming hot soup from fresh produce, grind grains and knead dough and even prepare ice cream treats in less than thirty seconds. It's professional performance...at home. Backed by a 7-Year warranty and a thirty-day home trial.

To learn more about the Vita-Mix Super 5000 and to receive a free, full-color Vita-Mix product catalog, call 1-800-VITAMIX or visit us at www.vitamix.com.



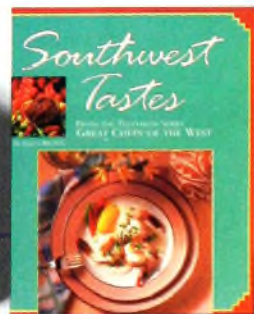
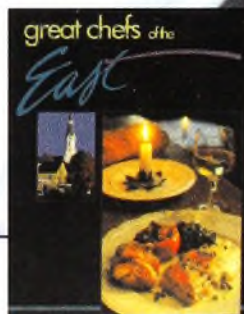
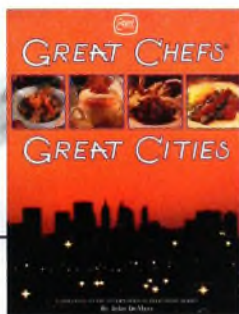
CODE: ***GC07A01***



See how they work their Magic

Twenty years of Great Chefs® recipes
distilled into four colorful cookbooks

Make the dishes seen on Great Chefs® programs with cookbooks from the Great Chefs® collection. Appetizers, entrées, desserts — the recipes to make the dishes on the television series, with step-by-step instructions for preparation at home.



New Garde, Cities, East, and Southwest Tastes cookbooks
8 1/2 x 11 full-color books, over 200 pages each

Individually: hard cover \$29.95 each; soft cover \$24.95 each

Save \$25 on Great Chefs® Collection

All 4 books: hard cover \$94.50; soft cover \$74.50

Free catalogue of books and videos

1 - 800 - 321 - 1499

www.greatchefs.com



GREAT CHEFS

Secret Recipes®

Issue 1 Volume 1

Departments

5 **Tools of the Trade**

Fantastic, fanciful desserts from pastry chef Minh Duong of the Monteleone Hotel, New Orleans

by Drew King

8 **Vine Line**

Dessert wines rethought: Moscato d'Asti, Port and more

by Sam Guigno

10 **Culinary Expeditions**

Exquisite cuisine competes with the spectacular scenery in the British Virgin Islands

by Suzanne Hall

16 **The Food Critic**

Our critic explores the heights of cuisine in a city known for the depths of its depravity

by Drew King



Jackie Shen



20 **Food for Thought**

Must reads for those of us who can't stop thinking about food

22 **Sweet Treats**

Chef François Payard's simple treats are anything but plain

by Carrie Burns

24 **Program Guide**

Your guide to featured recipes and chefs from Great Chefs of America in July and August 2001

96 **Gourmet Emporium**

Great gadgets, cool toys and new appliances for home chefs

by Drew King

100 **Guest Menu**

Cooking like a Great Chef in the comfort of your own kitchen to impress your guests

by Jim Tarantino

104 **Sauces & Vinaigrettes**

Secrets of crème anglaise; the queen of custard sauces is so simple it's elegant

by Kate Heyhoe





54 Tropical Fruits and Flavors

Don't be fooled by their prickly outsides; inside they're delicious
by Kate Heyhoe

60 The Plate as a Canvas

Modern presentations treat plates as foundations for structural works of art
by Jim Tarantino

70 Exotic Flavors

Chef Norman Van Aken's New World Cuisine embraces exotic flavors from all over the western hemisphere
by Suzanne Hall

78 Watching the Calories

Losing weight doesn't have to mean losing dessert
by Heidi Reichenberger

88 Pies and Pastries

Pies and pastries are perfect ways to capitalize on fresh, local fruits
by Barbara Grunes

108 International Finales

Call them hazelnuts or filberts or what ever you like, they are a great addition to many desserts
by Kate Heyhoe

Features

34 Tortes of a Musical Nature

Layers of cakes and fillings work in concert to produce edible art
by Deborah Byrd

26 Chocolate Madness

The secret to making great chocolate desserts is to make a lot of them
by Barbara Grunes

42 And They Said, "Let's Eat Cake"

Celebrate any occasion with these cakes from New Orleans chef Jean-Luc Albion
by Deborah Byrd

46 Ice Creams, Sorbets and Other Cold Treats

Coffee with cream and sugar is grand, but coffee and ice cream is divine
by Jim Tarantino



Our First Issue

Twenty years in the making

When we set out to produce *Great Chefs Secret Recipes*, we didn't realize exactly how difficult it would be to follow in the footsteps of the "Great Chefs" television shows.

When the first "Great Chefs" series of television shows premiered over 20 years ago, it completely transformed the way culinary shows were presented on television. Where previous TV cooking shows brought chefs into television studios, "Great Chefs" took the cameras right into restaurant kitchens with the chefs. Gone were the simulated kitchen sets and celebrity hosts, gone were the rigid recipes and pre-arranged ingredient lists. All that was left were real chefs cooking real food under real-world conditions.

The magazine, *Great Chefs Secret Recipes*, will follow this tradition, tapping into the expertise of chefs around the world to bring you great ideas to use in your own kitchen. You'll find we treat recipes as expressions of a particular chef's style of cooking. More than that, we go beyond demonstrating specific dishes to bring you important details of the chef's life and training. That way you can put the recipes into context; really understand why these ingredients were paired together and what the chef was trying to achieve with each dish.

People who enjoy good food (and if you're reading this magazine, you're one of them!) know there is more to enjoying it than cultivating new recipes. To this end we'll follow the latest culinary trends and let you know which are worth repeating at home. We'll help you learn all you need to know about interesting new ingredients, the best in modern equipment and the greatest places to go for culinary vacations.

You aren't going to find any of the slick, over-produced gimmicks you'll find in the other cooking magazines. You won't find recipes that are too confusing to follow, with ingredients you can't imagine eating or techniques that require thousands of dollars of specialized equipment.

What you will find are good ideas from Great Chefs. If that doesn't inspire you to make good food, nothing will.

John Shoup
Editor-in-Chief



VP/Publishing Director Robert W. Baker
Editor-in-Chief John Shoup

EDITORIAL STAFF

Managing Editor Scott M. Fine
Assistant Editor Gregg Hollander
Editorial Assistant Carrie Burns
Editorial Intern Drew King

ART STAFF

Creative Director Mark Styczen
Art Director Robert Osvalds
Art Director Robert A. Wyszowski
Graphic Designer Jennifer Fani

SALES

Director of Advertising Lesley Grothe

CONTRIBUTORS

Printer Wisconsin Color Press

CONTRIBUTING EDITORS

Linda Nix, Tobin Pociask

CONTRIBUTING WRITERS

Deborah Byrd, Barbara Grunes, Sam Guigno, Suzanne Hall, Kate Heyhoe, Heidi Reichenberger, Jim Tarantino

CONTRIBUTING PHOTOGRAPHER

Eric Funtran

CORPORATE DIVISION

Chief Executive Officer Harvey Wasserman
President Stephen D. Keen
Vice President Controller Rich Pinder
Vice President of Circulation Toni Ballentine
Human Resources Manager Josephine Coulter
Media Director Karin Kaltofen
Director of New Business Development Keith Kousins
Imaging Manager Rick Kieras
Director of Print Operations Kathleen M. McCafferty
Printing Operations Analyst Daniel Page
Subscription Manager Anita Youtsey
National Sales Manager David Hagman
Senior Circulation Manager Sheryl R. Hochwert
Executive Assistants Deanna Kahn, Harriet Kiritu

Publishers of Quality Magazines

H&S MEDIA™
INCORPORATED

Great Chefs® Secret Recipes is Published by H&S Media, Inc. 2121 Waukegan Road, Suite 120, Bannockburn, Illinois, 60015

GREAT CHEFS® is the registered trademark of GCI, Inc. and used under license by H&S Media, Inc.

© 2001, GCI, Inc. and H&S Media, Inc. All rights Reserved. No portion of this publication may be reproduced in any form without written permission from GCI, Inc. and H&S Media, Inc.

A flower good enough to eat

Minh Duong brings working with sugar to a whole new level.

by Drew King

In the bayou of New Orleans' French Quarter, is the Monteleone Hotel. Inside this hotel there is a restaurant that is home to pastry chef Minh Duong.

There she creates such fine desserts as the Banana Bavarois as seen on page 6 or her Sugarfree Cheesecake on page 7.

After coming to the States in 1975, Duong had to teach herself the basics in how to cook and the techniques necessary to be a master chef. Whether it was figuring out on that it is next to impossible to perfect a recipe when she attempted to cook with a large amount of ingredients, or modeling her sugar flowers after a real rose, Duong did it on her own.

Bonnie Warren, a friend of Duong, said, "I have seen her work, and it is just amazing. From the time she takes, to the details of each individual flower, what she creates is like her very own painting."

She is always learning new things so she may, one day, create the perfect recipe.

"I am never happy with the same recipe. I am always experimenting and always attempting to improve my recipe



Banana Bavarois

in order to make it perfect," Duong said. The beauty of her desserts is just as important to her as the taste. "They are both equal in my eyes."

Since Chef Duong is a pastry chef at heart, her work with sugar is endless. She calls her style "sugar work," which is more specifically, for example, creating the flowers on a wedding cake. Her technique varies from flower to flower and cake to cake, but some things never change.

"No matter how busy I become in the kitchen, I always take as much time that is needed to make the very best pastry I can make." Duong feels that by rushing the time it takes to make a cake or two just because she is under pressure, that the outcome will be less than great. "I am a perfectionist," she said, which proves why she will never rush a dessert out of the kitchen if it is anything less than perfect. ▶

Tools of the Trade

And since she is such a perfectionist, Duong has also come up with a few surefire ways to ensure your pastries come out just as magnificent as hers. "When it comes to beating egg whites always use a dry, stainless steel bowl. I sometimes put the bowl over low-heat on an oven for a minute or two to make sure it is dry. Let bowl cool down and then beat egg whites. Also, try not to make too much at a time. When too much is made, I, nor you, will be able to work with the recipes correctly. So work with a little at a time."

These recipes Chef Duong talks of are readily available so that *Great Chefs* readers can have the opportunity to recreate these magical desserts at home.

So, good luck as you recreate the wonderful desserts for your guests and yourself.

Banana Bavarois

Serves 8 to 10

Banana flavors the rich filling of this beautiful dessert. A sponge cake layer is the base while fan-shaped wafer cookies dipped in chocolate create a stunning finish to this masterpiece. Edible gold dust is available at The Global Marketplace, www.globalfoodmarket.com an edible gold leaf is available from Sepp Leaf, 381 Park Avenue South, Suite 1301; New York, NY 10016 (212) 683-2840.

Sponge Cake

- 8 egg yolks, room temperature
- 6 whole eggs, room temperature
- 1½ cups granulated sugar
- 1 cup all-purpose flour
- 1 cup cornstarch
- ½ teaspoon pure vanilla extract
- 5 tablespoons unsalted butter, melted

Filling

- 1 packet unflavored gelatin
- ¼ cup water
- 5 egg yolks
- ¼ cup granulated sugar
- 1 teaspoon pure vanilla extract
- 1 tablespoon unsalted butter, melted
- 2 cups heavy whipping cream

- ¼ cup granulated sugar
- 1 teaspoon banana extract
- 1 tablespoon brandy

Plastic ring, for lining cake form
Fan-shaped wafer cookies (optional)
Edible gold dust (optional)
Melted chocolate, for dipping

Garnish

- Bird-shaped chocolates (optional)
- Whipped cream, for rosette decoration
- Pink Mango sauce (recipe follows)
- 8-10 large fresh strawberries

To prepare sponge cake: Preheat oven to 350° F. Using a round 9-inch springform pan, cut 1 round of parchment paper to fit bottom of cake pan. Brush cake pan evenly with softened butter, then line cake pan with round of parchment paper. Brush parchment paper with butter. Dust cake pan with flour, tapping out excess. Set cake pan aside. To prepare cake batter, place eggs, egg yolks and sugar in a large mixing bowl; using an electric mixer on high speed, whip until mixture is light and fluffy (approximately 3 to 4 minutes). In a small mixing bowl, sift

together flour and cornstarch. Gently fold this mixture into egg and sugar mixture. Fold in vanilla extract and melted butter. Pour cake batter into cake pan and place in oven. Bake until blade of a knife inserted into center of cake comes out clean and dry (30 to 35 minutes). Remove from oven and let cake set for 10 minutes, then turn out onto a cooling rack and let cool to room temperature. Slice cake into 3 layers.

To prepare filling: Dissolve gelatin in water, then place in a double boiler over simmering water; continue to warm until gelatin is completely melted, stirring until smooth. Set aside. In a large mixing bowl, using an electric mixer, beat egg yolks, sugar and vanilla extract 3-5 minutes, until pale lemon in color. Add melted butter, continuing to beat for 1 minute. Set aside. In another large mixing bowl, beat whipping cream and sugar for 2 minutes; add banana extract and brandy and beat for 1 minute. Add reserved egg yolk mixture and reserved gelatin mixture and continue to beat for an additional 2 to 3 minutes, until all ingredients are well incorporated.

Dip fan-shaped wafer cookies in



Great Chefs Résumé

Minh Duong

as taped at
The Monteleone Hotel
New Orleans, LA



Minh Duong is pastry chef at famed Monteleone Hotel in New Orleans' French Quarter, and she creates everything from petits fours to wedding cakes. But her real claim to fame is her flowers.

Edible flowers, sculpted from sugar, syrup and cornstarch. Pretty enough to eat—truly.

Duong came to New Orleans with her family in 1975, after a harrowing escape from her native Vietnam. Needing a career, she decided to learn to make decorative flowers. She had taught herself baking in Vietnam, and once spent her entire month's salary on a pastry course at a Vietnamese cooking school. In New Orleans, training with pastry chef Ed Patin of Maison Patisserie, she perfected her art. Duong has taught herself to bake, a new language and culture and taught herself her skills all over again after a devastating accident. "I don't give up," she said, "I just keep trying and trying."

Chocolate Bases

- 1½ cups unsalted butter, melted
- 3 tablespoons cocoa powder
- ¾ cup cocoa powder
- 1 tablespoon vanilla extract
- ¾ cup all purpose flour
- 8 eggs, slightly beaten
- 3 tablespoons sugar substitute (chef prefers Equal)

Cheesecake Filling

- 3 pounds cream cheese
- 1½ cups sugar substitute
- 2 tablespoons vanilla extract
- 1½ cups sour cream

melted chocolate, covering top half of each cookie. When chocolate is set, lightly brush edible gold dust onto chocolate of each cookie in preferred free form design. (Bird-shaped chocolates for garnish may also be painted with edible gold dust, if preferred).

To assemble bavarois: Line a 10-inch metal cake form ring with plastic ring. Place one sponge cake layer in bottom of cake form ring; place fan-shaped wafer cookies on top of sponge cake around entire edge of cake form ring, slightly overlapping each with next. Pour filling into cake form ring on top of sponge cake (filling should not rise past half way point of fan-shaped wafer cookies). Freeze cake for 5 hours, or overnight. Remove frozen cake from cake form ring. Using a pastry bag fitted with a rosette tip, pipe whipped cream rosettes on top of filling. Set a bird-shaped chocolate into each rosette; garnish with a fresh strawberry in center of cake.

To Serve: Slice cake into servings. Place slices on serving plates and complete with pink mango sauce in a pool around each slice. Garnish with fresh strawberries.

Pink Mango Sauce

- ¾ pound fresh mangos, peeled and cut into ½ inch dice
- 2 tablespoons sugar (or more to taste)
- 1 teaspoon fresh lemon juice (optional)

Combine all ingredients in bowl of a food processor and blend until smooth. Strain through a fine-meshed sieve and put in a non-aluminum container. Sauce may be made ahead, refrigerated, then warmed to room temperature for serving.

Sugarfree Cheesecake

Recipe makes 1 Almond Cheesecake, 1 Lime Cheesecake and 1 Chocolate Cheesecake

Chef Duong makes three cheesecakes of different flavors. No matter your favorite, each one has a rich, creamy filling. One would never guess they are sugarfree.

Cheesecake Flavorings

- 2 tablespoons almond extract
- ¾ cup lime juice to which a few drops of green food coloring has been added
- ¾ cup chocolate syrup (3 tablespoons cocoa mixed with ½ cup water)

Garnishes

- Yellow apple slices, tossed with a little lemon juice
- Red apple slices, tossed with a little lemon juice

To prepare chocolate bases: Preheat oven to 350° F. Lightly butter three 12-inch springform pans and line with parchment paper. Place melted butter in a large mixing bowl. Mix together cocoa powder and water; incorporate into melted butter using a whisk. Add vanilla; mix well. Stir in flour, eggs and sugar substitute, mixing well after each addition. Divide batter between prepared springform pans. Bake 8 to 10 minutes. Cool and reserve.

To prepare cheesecake filling: Using a large mixer, beat cream cheese until smooth. Add sugar substitute, vanilla and sour cream. Mix well. Divide this mixture equally between three mixing bowls; add almond extract to one, lime juice and food coloring to another and chocolate to third, stirring each to blend well. Pour each flavored cheesecake filling into a springform pan holding a cooled chocolate base; smooth fillings with a small spatula. (At this point, you will have 3 cheesecakes; one almond, one lime, and one chocolate.) Bake cheesecakes 15 to 20 minutes. Remove from oven and let cool 30 to 60 minutes; invert cheesecakes onto cardboard discs. Remove parchment paper.

To serve: Remove cheesecakes from springform pans. Using a knife that has been dipped in hot water, cut small wedges from each cheesecake. Place one of each flavor onto serving plates to form a stack of three. Garnish with fanned apple slices. 🍰

Liquid dessert

By Sam Gugino

Ever have wedding cake with Champagne? Wasn't exactly a match made in heaven, was it? That's because this marriage almost always violates the first principle of dessert wines: the wine must be sweeter than the dessert.

Invariably, the sparkling wine served with the cake is brut or dry. And since wedding cake is mostly icing, well it just won't work! But the bubbles in sparkling wine do mitigate the sweetness in desserts—if the wine isn't dry. For example, I've found that sparkling Asti or Asti Spumante is delightful with many desserts, including creamy desserts, heavy desserts like cheesecake and rich, chocolate cakes. It would also be a good choice with that wedding cake.

The Muscat grape from which Asti Spumante is made might just be the most versatile dessert wine grape. When not in sparkling Asti, it is frequently used in Moscato d'Asti, a still, though spritzed wine from Italy's Piedmont region.

"Moscato d'Asti goes with an unbelievable variety of stuff," says Willie Gluckstern, author of *The Wine Avenger*. "It's sweet but light, so it's very supportive of food."

Part of Moscato d'Asti's lightness comes from its low alcohol content, about 5.5%. "High alcohol gets in the way of food like too much oak. It throws off the chemistry in your mouth,"

Gluckstern says. Another appeal of Moscato d'Asti's is its peachy freshness, which quickly dissipates. So make sure the wine, which is usually released in December, is consumed no later than the following Labor Day.


Harvey Steiman, author of *Wine Spectator's Essentials of Wine* also likes Moscato d'Asti with dessert, especially with fresh berries or fresh peaches and with lemon desserts, which can be tricky for dessert wines because of their acidity. With nut desserts Steiman prefers fortified Muscat wines. (Nuts are also good with sweeter Madeiras and sweeter Sherries.)

The high alcohol content in fortified dessert wines, usually around 20%, can obliterate some desserts as I found out with a Tawny Port and lemon chiffon pie. But the Tawny was fine with pecan pie since Tawny Ports generally go well with desserts that have nuts, dried fruit and toffee flavors. Ruby Ports, on the other hand, have an affinity for fresh fruit flavors like cherries or raspberries, especially if they are combined with chocolate.

A lot of people think chocolate can be matched with red table wines like Cabernet Sauvignon or Merlot (which can have chocolaty notes). I don't buy it because the sugar clashes with dry wine, even if the sugar in the chocolate is low. Maybe, just maybe, you

could get away with a very ripe Zinfandel, which has similarities to Ruby Port. In the end, you're better off with the Port or Banyuls, the oxidized, fortified red wine from Southern France.

German Riesling is another versatile dessert wine, because it comes in so many levels of sweetness—Auslese, Beerenauslese, Eiswein and Trockenbeerenauslese—and because its high acidity keeps the palate constantly refreshed. These wines are especially good with fruit-based desserts, though Steiman is particularly fond of Auslese Rieslings with almonds. Chenin Blanc wines from France's Loire Valley such as Coteaux du Layon and Bonnezeaux, have a similar natural acidity.

Gluckstern believes the high acidity in Riesling and Chenin Blanc dessert wines makes them better candidates for pairing with desserts than dessert wines from Sauvignon Blanc or Semillon grapes such as Sauternes. Sauternes can still be fine with fruit-based desserts, though it is best known for being paired with Roquefort cheese. Then again, a good Sauternes—like any good dessert wine—is best enjoyed on its own. As Gluckstern writes in his book: "Dessert wines are dessert!" 



A Tropical Food

Paradise



A culinary cruise in the British Virgin Islands

By Suzanne Hall



You'll find no high-rise hotels or glitzy casinos in the British Virgin Islands (BVI). Instead, look for some of the world's most spectacular scenery, sparkling white sand beaches, resorts and restaurants to meet every taste and 18,000 friendly people happy to share them with you.

The BVI are a favorite with the yachting crowd. Though, you don't need a fancy boat to experience the islands, ferries and water taxis whisk across the water from Tortola, the largest island, to Virgin Gorda, Anegada, Guana, a small resort and haven for naturalists which claims to be the only wildlife sanctuary with a cocktail. Hire a boat and chart your own course.

Although water activities are the main attraction, tennis, hiking and soaking up the sun are all part of the BVI experience. Most islands offer a wide variety of shops and historical sites, including Tortola's tiny Calwood's distillery which produces a nice island rum.

The focus here is food, so we begin our Great Chefs culinary cruise on Tortola at the Sugar Mill Hotel and Restaurant. You'll find 21 attractive rooms set in a tropical garden with terraces and wonderful views, a swimming pool and private beach are



Tropical Parfait

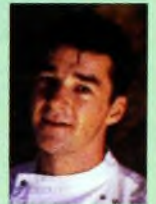




Banana Pudding

Great Chefs Résumé

Scott Williams received training at Wolluston Comprehensive and Northampton College of Further Education. He began his career at the Falcon Hotel in Northanse, England. Since then he has worked at the Capitol Hotel in London, Hambleton Hall in Leicestershire, The Feathers Hotel in Woodstock in Oxon, The Criterion in Picadilly in London, and Quagliano's Restaurants in London. Coming to Necker Island, he moved into a private and privileged world, a private island leased by royalty and celebrities as a personal "getaway"—with outstanding cuisine prepared by Scott Williams and Troy Smith. Scott Williams is currently at Sandpiper, in Barbados.



Banana Pudding

Serves 8

These delicious puddings resemble moist muffins and are filled with pieces of banana. They are paired with butterscotch sauce and crème anglaise. The puddings and the crème anglaise may both be prepared ahead of time.

Banana Pudding

- 2 cups all-purpose flour
- 1 tablespoon baking soda
- 2 eggs at room temperature
- 1 tablespoon vanilla extract
- 1½ cups sugar
- Pinch of salt
- ½ cup spiced rum
- ¼ cup (1 stick) softened unsalted butter
- 2 bananas, chopped

Butterscotch Sauce

- 4 ounces (1 stick) unsalted butter
- 1½ cups brown sugar
- Juice of ½ lemon
- 2 ounces spiced rum
- ¼ cup heavy (whipping) cream, warmed
- 2 ounces butter

Crème Anglaise

- 1½ cups milk
- ½ cup sugar
- 1 vanilla bean, split lengthwise
- 4 egg yolks

Sliced fresh fruit for garnish (optional)

To make pudding: Preheat oven to 300° F. Grease and flour a muffin tin. Sift together flour and baking soda. Set aside. In a food processor, blend together eggs, vanilla, sugar, salt and rum. Add butter and finish mixing. Remove to a large bowl. Fold in flour and mix until smooth. Add chopped bananas. Spoon into prepared muffin

tin, filling cups ¾ of the way full. Bake 10-12 minutes, until a toothpick inserted in the centers comes out clean. Remove from pan when cool. The pudding will resemble moist muffins. Extra muffins can be wrapped and frozen for future use.

To make butterscotch sauce: Melt butter and sugar in a 5-quart saucepan until sugar dissolves and begins to turn a dark brown color. Add lemon juice. Remove from heat and stir in the rum. Place it back on heat and add warmed cream. Simmer, whisking in remaining butter until dissolved. Remove from heat and set in a large bowl filled with ice. The sauce will thicken as it cools.

To prepare crème anglaise: Put milk and sugar in a medium saucepan. Scrape seeds from vanilla pods into milk mixture, then put whole pods into milk. Bring to a simmer over medium heat. In a separate bowl, whisk egg yolks until pale in color. Slowly add hot milk mixture to egg yolks, an ounce at a time, stirring constantly, until eggs are warm to the touch. Then add egg yolk mixture all at once back to the milk mixture in the saucepan. Stir constantly on medium-high heat until custard begins to thicken. Do not let mixture boil. When thickened, remove from heat, place pan in a large bowl of ice and whisk to cool. Strain custard through a fine-meshed sieve into a separate bowl. The custard may be made and kept refrigerated up to 2 days ahead.

To serve: On chilled plates, spoon a pool of butterscotch sauce. Top with a banana pudding. Drizzle crème anglaise around the plate and over the pudding. Add optional fresh fruit for garnish, if using.

Recipe provided by Scott Williams, Necker Island, BVI.

highlights here. The hotel's main dining room is the biggest draw. Housed in a 300-year-old stone building and decorated with colorful Haitian art, the restaurant is one of BVI's most popular.

"We're always busy, and we're packed every night during high season from mid-February until the end of April," said Rick Buttafuso, executive chef.

Except for a five-month break, Buttafuso, a transplanted Connecticut Yankee, has been cooking at the Sugar Mill since 1993. He combines his classical training with the freshest possible ingredients, including local produce, fish, lobster and spices to prepare a menu of dishes from around the Caribbean and around the world. The menu changes regularly to include such items as Peanut-Pumpkin Soup, Sugar Reef Spicy Chicken with Pineapple Salsa and Roasted Pepper Stuffed Pork Tenderloin.

Desserts are also orchestrated to please many palates. "Banana and orange crème brûlées sell like crazy; so do strawberries dipped in white and dark chocolate," Buttafuso said. Key lime and other pies, layer cakes and the Tropical Parfait he created with the

Culinary Expeditions

Sugar Mills' former pastry chef Ivor Peters for the "Great Chefs of the Caribbean" series round out the dessert menu and keep guests coming back for more.

Sugar Mill guests linger, but we must move on. It's only a short boat ride from Tortola to Virgin Gorda, known for its secluded beaches, including The Baths, where giant boulders form a series of saltwater pools and grottos for swimming and snorkeling. Luxury resorts dot the shoreline. One of them, the 96-room Little Dix Bay, is our next stop. When *Great Chefs* visited, Benoit Pepin was presiding over the kitchen at this upscale, but low-key resort. He has since moved on—as chefs and travelers often do—but his tradition of fine dining continues in the resort's boutique restaurant Sugar Mill and in the more casual Pavilion and Beach House Grill. Like other island resorts, menus at Little Dix Bay combine many culinary traditions with local ingredients to produce dishes like Virgin Gorda Pumpkin and Buffalo Mozzarella Risotto, enhanced with basil, crisp tobacco onions and caramelized garlic or Crispy Skin Sea Bass on eggplant marmalade finished with rose paprika and served with chili-spiced apricot dressing and roasted pine seeds. For

BVI brings
spectacular
scenery,
sparkling white
sand beaches,
resorts and
restaurants
to meet
every taste.



Photo by S. Parks Hall

dessert, guests can select such treats as Apple Cranberry and Tahini Cobbler served with maple swirl ice-cream or Bittersweet Chocolate and Peanut Butter Custard with caramelized bananas.

Just a few minutes off the coast of Virgin Gorda lies Necker Island, a never-to-be-forgotten dining and vacation experience. The private island, owned by Virgin Atlantic Airways' Richard Branson, can accommodate up to 26 people in its main house and pagodas, aptly named Bali Hi, Bali Lo and Bali Cliffs. Normally, groups book the entire island for an all-inclusive stay. During "Celebrations Weeks" twice each year, though, individual rooms are available for a seven-night stay.

Necker Island has a tradition of great foods, tailored to guests' individual preferences, and of *Great Chefs*, including Scott Williams, now at The Sandpiper in Barbados. Selections from the dinner menu include fresh fish, Argentinean Black Angus beef, duck and saddle of lamb. Iced Souffles, a Mille-feuille of Apples and Calvados with caramel ice cream and White and Dark Chocolate Terrine are among the sweet endings.

No visit to the BVI is complete without a taste of the island's signature treats: Anegada lobster and the potent tropical drink called a Painkiller. Anegada is the lobster center of the BVI and easily reached by boat or plane. At

the Flame of Beauty, a tiny, open-air shack on Loblolly Beach, the lobster is cooked to perfection. No more than a few hours out of the water, it is plunged into boiling water, then split, seasoned with oregano, butter, salt, celery seed and garlic. After broiling or grilling, it's served with rice, peas and cole slaw. It's a meal not to be missed.

The Painkiller, a sneak-up-on-you mixture of rum, orange and pineapple juices and cream of coconut, is best enjoyed on the beach at Pusser's Marina Cay, a very informal resort, just a few minutes' water taxi ride from the airport where visitors leave the BVI for home. The setting and drinks are great ways to kill the pain of ending a culinary cruise in the British Virgin Islands.

Tropical Parfait

Serves 6

Airy, layered parfaits flavored with Grand Marnier and passion fruit, mangoes and guavas are served nestled in a cup of tuile petals flavored with almond. More bright fruit purées decorate the dish. The chef added molded chocolate hummingbirds; although this is beyond the kitchens of most home cooks, you could always create a stencil for a hummingbird shape and create flat chocolate hummingbirds for garnish.

Great Chefs Résumé

Parfait

- 3 large eggs, separated
- ¼ cup sugar
- 1 cup heavy cream
- 1 tablespoon lemon juice
- 1 tablespoon Grand Marnier liqueur
- ¼ cup passion fruit purée
- ¼ cup mango purée
- ¼ cup guava purée

Pastry Tulips

- ¼ cup bread flour or all purpose flour
- 1 cup powdered sugar
- 1 tube or 8-ounces can almond paste
- ½ cup milk
- 3 large egg whites
- 1 teaspoon vanilla

Garnish

- Mango or passion fruit purée
- Guava purée
- Diced mixed fresh fruit (optional)
- Toasted coconut (optional)
- Chocolate hummingbird (optional)

To make parfait: In bowl of electric mixer, combine egg yolks and sugar. Beat with wire whip attachment until thick and lemon colored (about 2 minutes). Place bowl into a larger saucepan filled halfway up with simmering water; whisk constantly until temperature of mixture is 160° F (about 3 minutes). Let stand at room temperature until cooled. Beat egg whites until soft peaks form. In another deep bowl, beat cream until soft peaks form. Fold egg yolk mixture and egg whites together, then fold them into the cream. Stir in lemon juice and Grand Marnier. Divide mixture into three bowls. Gently fold each purée separately into each bowl of the cream mixture. Fill 6 small, tube-shaped molds or 6-ounce custard cups with three layers of the cream; cover and freeze 4 to 6 hours or until firm.

To make tulips: Line a baking sheet with baking parchment. Preheat oven to 400° F. Cut a 9-inch circle from heavyweight plastic (about the weight of the cover of a margarine tub) and cut a stencil in the shape of a flower with five large petals*. In bowl of electric

Chef Rick Buttafuso

was born in Connecticut. Following high school he worked for an inn in Vermont and then moved on to a local Jewish delicatessen where he worked intermittently throughout college. After a one-year course in the Connecticut Culinary Arts Program, Rick enrolled in the Culinary Institute of America to increase his knowledge of European cuisine with a heavy emphasis on French food.


Chef Buttafuso then joined Lucians restaurant as sous chef, learning many Italian dishes at this well-respected restaurant. Continuing his education in European culinary styles, he moved to Deer Island Gate Restaurant, again as sous chef, to gain experience in German cuisine. In 1993, at the mere age of 24, he joined the Sugar Mill team as executive chef.



mixer, combine flour, sugar and almond paste, blending until it is a coarse consistency. Slowly add milk, scraping the bowl often. Slowly add egg whites and vanilla, scraping the bowl. Place the stencil on the parchment-covered baking sheet and spread batter inside with a spatula. Carefully lift off stencil. Bake 4 to 6 minutes, or until edges are slightly golden. (Do not overbake or flower will crack.) Remove baking sheet from oven. Using a wide spatula, immediately transfer cookie and place it over an inverted custard cup to mold into a flower shape. Repeat with remaining batter to form five more pastry flowers. Let flowers cool completely; unmold them from the glasses and store in a cool dry place.

To serve, garnish each serving plate around the rim with small spoonfuls of mango purée; top with dots of guava purée. Run a knife through centers of purées attractively. Place upturned pastry flower in center of plate. Unmold parfaits by dipping mold quickly in warm water. Place parfaits in pastry flowers. Garnish with fruit and coconut, if desired. Place chocolate hummingbird in parfait, if desired.

Recipe provided by Rick Buttafuso, Sugar Mill, BVI.

*Alternately, cut a stencil of one 3-inch petal from plastic. Prepare 36 petals on parchment lined baking sheet and bake all at once. Arrange 6 cookie petals on each serving plate; unmold parfait over petals and garnish plate as directed above. 

British Virgin Island contacts

British Virgin Islands
Tourist Board Offices:
(800) 835-8530 (New York)
(404) 240-8018 (Atlanta)
(800) 835-8530 (San Francisco)
www.bviwelcome.com

Sugar Mill Hotel
(800) 462-8834
www.sugarmillhotel.com

Little Dix Bay
(888) 767-3966
www.littledixbay.com

Necker Island
(800) 557-4255
www.neckerisland.com

Pusser's Marina Cay
(888) 873-5226
www.pussers.com

Guana Island Resort
(914) 967-6050
www.guana.com





The Cuisine to Gamble on

by Drew King

An in-depth look at one restaurant from the Sin City

When the city of Las Vegas is brought up, people tend to think of courtesans, people wasting their money on the slots and that every night is one, big party! Little do people know, however, that there is a softer, gentler side to the Sin City. One part of this kinder side is at the Bellagio Hotel and Casino.

Owned by MGM Mirage and costing over \$1.6 billion to open on October 15, 1998, the Bellagio offers tourists and residents of Las Vegas alike a different side of the stereotypical Vegas scene.

Just walking up to the entrance is an experience within itself. This is due to the Fountains of the Bellagio. These fountains are like none other in that they are a ballet of dancing fountains choreographed to music and lights. Spanning over 1,000 feet and able to shoot 240 in the air, these fountains are worth the 30 minute wait. Daily performances occur every half-hour ►



Chef Grant MacPherson



Sauteed Filet of Black Bass and Vegetable Farci with Saffron Sauce

Food Critic

and perform to the musical tastes of Frank Sinatra, Gene Kelly, Luciano Pavarotti and more.

From there, I had the chance to walk through the Via Bellagio, a glass-enclosed shopping centre. You really begin to feel how much money was put into building this ninth wonder of the world, as you see shops such as Gucci, Hermès, Chanel and Giorgio Armani. After spending a little chunk of change on Armani's Metal Cologne, I was finally ready to check in.

Since, "technically," this was an all-expense paid trip to review the Bellagio's dining facilities, I was fortunate enough to be booked in one of the suites. Keep in mind that for deluxe guest rooms, the rates are anywhere from \$159-\$759 and for suites, \$450-\$6,000. A small price to pay for a week(end) of luxury. After getting settled in, I decided to tour the rest of the hotel and casino before finally having my long-awaited meal, which is what motivated me to come to Vegas in the first place.

This setting was absolutely amazing. With a Mediterranean courtyard, six outdoor pools, four spas, wedding

chapels and salons how could anyone want to leave this place?

Certainly not me. I came to the Bellagio, and to Picasso, specifically for culinary thrills. I was talking with my food critic friends and co-workers a little while back about chefs in general, not just food. A chef by the name of Grant MacPherson came up. After doing a little research about Chef MacPherson, I found out he helped open the Bellagio back in 1998 and has been there as the executive chef ever since. The Bellagio itself has over 20 food and beverage locations, and MacPherson looks over each and every one of them.

He is in charge of over 800 employees that help the hotel's restaurants bring in over \$210 million a year in food revenue.

MacPherson, himself, has been invited all over the world to cook at The Masters (Sydney), Meals on Wheels (South Africa) and the James Beard Dinner, who was not only a chef but an author who passed away in 1985.

Aside from the Bellagio, the MacPherson has worked at the legendary Raffles Hotel, one of the oldest hotels in Asia. He has obviously



picked up a few recipes and techniques during his travels, and I await the chance to try every one.

A (Culinary) Olympic Gold Medalist, MacPherson was the captain of the Singapore National Team in 1992. He has also worked for The Regent, The Ritz Carlton and Four Seasons. He has been all over the world and has made a permanent home, at least thus far, at the Bellagio.

He has brought his five-star dining capabilities to the Bellagio as well as James Beard Awards, so food lovers and critics do not have to travel overseas to Paris to get the meals

The Picasso dining room features various works from the late, great artist.



they adore.

There are over 20 dining facilities at the Bellagio, so it is nearly impossible to visit all of them on a three-day tour.

The first is Picasso. Picasso is a 2000 and 2001 (back-to-back) recipient of the Mobil Five-Star Award. This award is given to only 17 restaurants in North America each year and the Picasso has won for the past two. With the blessing of his family, this French setting is named after the esteemed artist and is covered wall-to-wall with his paintings, tiles and ceramics. It was Picasso's son, Claude, who created the design for the carpeting and furniture.

Picasso features the cooking of Chef Julian Serrano. If it is Mediterranean-style cooking that one is looking for, do not look past here. Serrano has a touch of the French and Spanish in his cooking, which is perfect for Picasso, because it was in France and Spain that the artist spent most of his days. It is up to the guest whether they sit indoors and gander at Picasso's works, or outside along the water of the Bellagio.

For either \$79 or \$89, depending on how hungry you are, you can get an array of meals. Dinner cannot start off right unless a fresh, garden salad is introduced. After that, the main course(s) are brought to your attention and they really do catch your eye. Just look at the photos. Choosing the correct wine to compliment this meal can be a task, but once chosen, the wine itself will present your taste palate with flavors beyond your wildest dreams. These flavors are so subtle, yet exotic in their own right — the only way to really get a feeling for them is to experience them for yourself. There is no better way to finish up a delightful meal, then with a dessert fit for a King (no pun intended, of course).

Another one of the Bellagio's Mobil Award-winning restaurants is Aqua. The name explains it all; translated from Spanish, Aqua means "water," and this restaurant specializes in seafood.

Featuring the works of Robert


Rauschenberg and the seafood cooking of Chef Mark Lo Russo, the Vegas location is one of a few around the world, with another in California.

The final Mobil Five-Star Award goes to Le Cirque, another French eatery. Bellagio imported New York's Le Cirque chef, Marc Poievin, to head up the restaurant.

In New York, Le Cirque is the number one restaurant. Owned by the Maccioni family, Sirio, his sons and wife agreed to join the Bellagio family, so everyone around knew that the Bellagio was serious about its goals to run the gamut from gourmet five-star dining to easy informal meals.

While attending the Bellagio, I found that it was just an amazing place to visit. They want to be known for their gardens, flowers, fine dining and fashion among anything else, and they

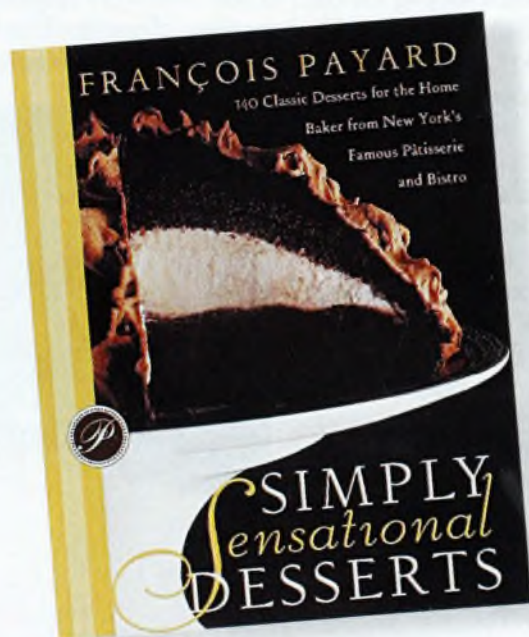
excel at doing so. It was moved away from the stereotypical view of Vegas being nothing but a wild and crazy town. As much as people try, I feel this hotel, nor the environment inside and out, will ever be replicated. It has taken since 1995, when ground was first broken, to make the Bellagio an establishment that will be remembered for everything I have mentioned and more, and that is true.

Words cannot describe the environment and everything about the Bellagio, so I recommend you buy a plane ticket and book your reservations now to experience it all. Whether it is the Shadow Creek golf course, the Bellagio Gallery of Fine Art that is currently featuring the private collection of Steve Martin or even the Cirque du Soleil production of "O," give yourself a treat and visit! 



More from these
great chefs

Get more recipes and information from the chefs mentioned in this magazine with their very own cookbooks.



Simply Sensational Desserts

by François Payard Broadway Books, \$35

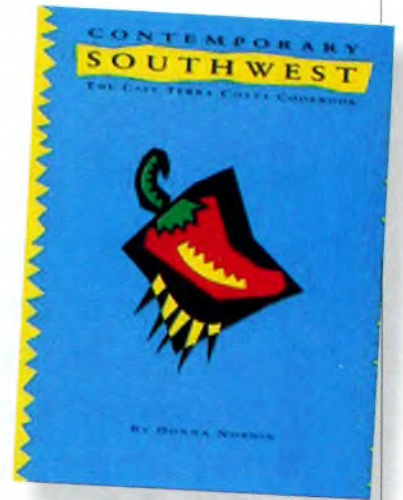
Get to know Chef François Payard and his techniques a little better with his outstanding cookbook, *Simply Sensational Desserts*. Learn how to make the best cookies, cakes, tarts and many other fabulous desserts. Geared toward the home cook, *Simply Sensational Desserts* offers step-by-step instructions that are easy to follow. Pick from many recipes including Mediterranean Swiss Chard Tart and Hedgehog Cake. So preheat your oven and get baking!



Contemporary Southwest:

The Café Terra Cotta Cookbook by Donna Nordin Ten Speed Press, \$29.95

There's nothing that screams Southwestern cuisine like Southwestern Gazpacho, Avocado Vichyssoise or Arizona Princess Cake. Try these and many other tasty treats in "Great Chef's" very own Donna Nordin's flavorful cookbook, *Contemporary Southwest: The Café Terra Cotta Cookbook*. Not only does Nordin use spices and sauces, she mixes Southwest cuisine with other foods, such as Fried Jalapeño Ravioli. What a mixture!



Cooking Thin With Chef Kathleen:

200 Easy Recipes for Healthy Weight Loss by Kathleen Daelemans. ReganBooks. \$26

Who better to get healthy, tasty recipes from than a professional chef who battled with weight herself? Chef and author Kathleen Daelemans shares her battles with dieting, what it took to lose it and how she's kept it off. She also offers low fat, low calorie foods such as Oven-Baked Salmon with Ginger and Lime, BBQ Chicken Pizza and Karen's Angel Food Cake.

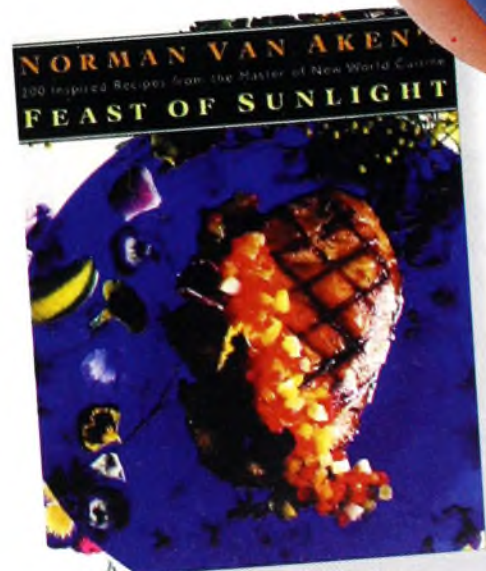
You'll love the sidebars that accompany each recipe which include tips, time-savers and what to do if "the Queen's coming to dinner."



Feast of Sunlight:

200 Inspired Recipes from the Master of New World Cuisine by Norman Van Aken

Norman Van Aken, the recipient of Best Chef in the Southeast by the James Beard Foundation, brings to you this creative and recipe-packed cookbook. He weds Florida-style food with other cuisines, such as Mediterranean and Southwestern dishes. Glance through the vibrant photos and with 200 recipes in *Feast of Sunlight* you're sure to find a creation to master and call your own.



Simplicity is the key

Taste, texture and the best ingredients are most important in Chef François Payard's eyes.

By Carrie Burns

Even professional chefs like simple recipes. Just ask François Payard, pastry chef at Payard Pâtisserie & Bistro in New York. "Simple is always best." Even while cooking at home, he looks for the quickest and easiest way to concoct a meal. "I don't like to spend all day in the kitchen (at home), believe it or not." He believes the best way to make your cooking or baking simple is to be organized. Read through the recipe at least two times and try to understand the chef's reasoning behind the ingredients and process, and the recipe will move much faster.

Payard is influenced by the seasons and his love of traveling when creating new sweet treats. "Why use apples now, when they will be better in three months?" Also, visiting different areas of the world, such as Asia, help his creative thinking.

Always use the best ingredients because Payard says it's all about the taste, as opposed to the presentation. Just wait until you taste the Chocolate-Coconut Cake. Composed of three layers of delicious coconut sponge cake with chocolate ganache piled in



Rhubarb-Streusel Tart

between, the Chocolate-Coconut Cake is just as easy to make as it is to eat. Just make sure you follow the recipe exactly. Payard tags baking as a science—to be followed precisely. "If you want to be a good chef, stick to the recipe, and it'll be a success."

Chocolate-Coconut Cake

Makes 6 to 8 servings

Coconut Sponge

4 large eggs
1½ cups sugar
3¾ cups unsweetened dried shredded coconut

Ganache

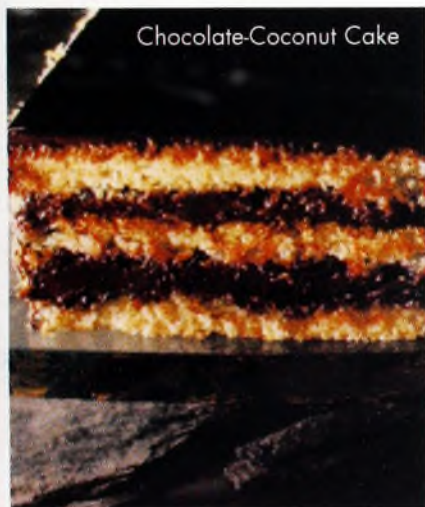
- 10½ ounces bittersweet chocolate, finely chopped
- 3½ ounces milk chocolate, finely chopped
- 1½ cups heavy cream

Garnish

- 1 cup unsweetened dried shredded coconut, toasted

To make coconut sponge: Preheat oven to 350° F. Spray bottom and sides of a 17½ x 12½-inch baking sheet with nonstick cooking spray. Line bottom of pan with parchment paper.

Fill a medium saucepan ¼ full with water and bring to a simmer. Whisk together eggs and sugar in bowl of an electric mixer. Place bowl over pan of simmering water and whisk constantly until egg mixture is warm to the touch. Transfer bowl to mixer stand and beat on high speed until it has tripled in volume (about 5 minutes). Using rubber spatula, fold in coconut just until blended. Pour batter onto prepared baking sheet and spread evenly in the pan with a rubber spatula.



Chocolate-Coconut Cake

Bake 20 to 25 minutes, until top of cake is light golden brown, and a toothpick inserted in the center comes out clean. Cool the cake in the pan on a wire rack for 15 minutes.

Run a small, sharp knife around the sides of the pan to loosen cake. Place a wire rack over cake and invert.

Carefully peel off parchment paper (the cake is extremely delicate). Cool cake completely.

To make ganache: Put bittersweet and milk chocolates in a large bowl and set aside. Bring cream to a boil in a medium saucepan. Immediately pour hot cream over chocolate. Whisk until chocolate is completely melted and smooth. Cover ganache with plastic wrap, pressing it directly against the surface and refrigerate until firm enough to pipe (about 4 hours).

To assemble cake: Trim off any uneven edges and cut cake crosswise into three equal rectangles, each measuring about 5 x 10 inches. Place one of the rectangles on a serving platter. Using a small metal offset spatula, spread generous layer of ganache over top of cake layer. Cover with another cake layer and spread a layer of ganache of it. Top with third cake layer and spread remaining ganache over top and sides of cake. Sprinkle toasted coconut over top and sides of cake. If not serving immediately, refrigerate cake. Cake can be made up to 1 day ahead. Bring to room temperature before serving.

Rhubarb-Streusel Tart

Makes 6 to 8 servings

Streusel

- 7 tablespoons unsalted butter, softened
- ½ cup sugar
- 1 cup almond flour
- ¾ cup all-purpose flour

- 1 9½-inch tart shell made from sweet tart dough, partially baked

Filling

- 1½ pounds (about 9 medium stalks) rhubarb, washed, trimmed, peeled and cut into ¾-inch pieces
- ½ cup plus 1 tablespoon sugar
- Juice of 6 oranges
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour

Great Chefs Résumé

François Payard is a third generation French pastry chef born in Nice on July 16th, 1966. Payard cultivated his passion for the art of Pastry as a child in his grandfather's renowned shop, Au Nid des Friandises on the Riviera. He grew up surrounded by the delicious classic French pastry in the tradition carried on by his parents and grandparents for over 50 years.


In August of 1997, Payard's childhood dream of opening his own Pâtisserie & Bistro became a reality. Payard has continued to strive to innovate, perfect, educate and contribute his ideas and passion to the field of pastry. In 1998, he was acknowledged for this by being awarded "Pastry Chef of the Year" by the Bon Appétit Food & Entertainment Awards.

To make streusel: In the bowl of an electric mixer fitted with paddle attachment, beat butter and sugar at high speed until light and fluffy (about 1 minute). Add almond and all-purpose flours and mix on low speed just until combined. Set aside at room temperature.

To make filling: Combine rhubarb, ½ cup sugar, orange juice and butter in a large saucepan. Bring to boil over medium-high heat. Reduce heat and simmer until rhubarb is tender but still holds its shape, about 5 minutes (don't overcook rhubarb, or it will be mushy). Transfer filling to medium bowl and refrigerate until cool.

Preheat oven to 350° F.

Stir together flour and remaining 1 tablespoon sugar in small bowl. Sprinkle over bottom of tart shell. Drain rhubarb, discarding liquid and spoon filling into tart shell.

Bake 30 to 35 minutes, until pastry is golden around edges. Place tart on insulated baking sheet (or two regular baking sheets stacked together), sprinkle streusel mixture over tart and bake 10 to 12 minutes longer, until topping is lightly browned. Cool tart slightly on a wire rack and serve, or let cool completely before serving. 

Great Chefs® of America

Television Schedule — The Discovery Channel

4:00 p.m. ET Monday - Thursday, July - August - September 2001



DATE	APPETIZER	ENTREE	DESSERT
Mon, 7/23	Steamed Mussels — <i>Kaspar Donier, Seattle</i>	Seared Shrimp — <i>Rick Bayless, Chicago</i>	Lilikoi Cheese Cake — <i>Lisa Siu, Honolulu</i>
Tues, 7/24	Benne Seed Shrimp — <i>Peter de Jong, Beaufort SC</i>	Sturgeon — <i>Pierre Pollin, Chicago</i>	Chocolate Demerara — <i>Shane Goringe, Covington LA</i>
Wed, 7/25	Asparagus in Ambush — <i>Larry Forgione, New York</i>	Coriander-cured Lamb — <i>Stephan Pyles, Dallas</i>	Lemon Pound Cake — <i>Nancy Forrest, Portland</i>
Thu, 7/26	Oyster Stew — <i>Donald Barickman, Charleston</i>	Grilled Tuna with Pirlau — <i>Frank Stitt, Birmingham</i>	Pear Charlotte — <i>Pascal Demory, Minneapolis</i>
Mon, 7/30	Bouchee of White Shrimp — <i>Frank Caputo</i>	Kiawah Island; Quail — <i>Cory Schreiber, Portland</i>	Opera Torte — <i>Richard Rivera, Barrington MN</i>
Tue, 7/31	Fried Green Tomatoes — <i>James Burns</i>	Charleston; Duck Breast — <i>Hallman Woods III, New Iberia</i>	Crepe Brulee — <i>Sebastien Canonne, Chicago</i>
Wed, 8/1	Clams Al Forno — <i>Johanne Killeen</i>	Providence; Scallops — <i>Tim Keating, Houston</i>	Strawberries with Zabaglione — <i>Paul Bartoletta, Chicago</i>
Thu, 8/2	Mussel Soup with White Beans — <i>Paul Bartoletta, Chicago</i>	Beef a la Scott — <i>Scott Chen, Houston</i>	Chocolate Savarin — <i>Rhonda Ruckman, Naples</i>
Mon, 8/6	Crab Chowder — <i>Hans Hickel, Tampa</i>	Poached Chicken Breast — <i>Victor Gielisse, Dallas</i>	Banana Fritter — <i>Rene Bageux, New Orleans</i>
Tues, 8/7	Foie Gras — <i>Roland Liccioni, Chicago</i>	Crabmeat in Phyllo — <i>Frank Brigtson, New Orleans</i>	White Chocolate Mousse — <i>Stanton Ho, Las Vegas</i>
Wed, 8/8	Smoked Salmon Terrine — <i>Anne Kearney</i>	New Orleans; Seared Partridge — <i>Bob Waggoner, Nashville</i>	Blackberry Cobbler — <i>Frank Stitt, Birmingham</i>
Thu, 8/9	Grilled Quail — <i>Mark Gould, Portland</i>	Steamed Black Sea Bass — <i>Craig Shelton, Whitehouse NJ</i>	Chocolate Cakelette — <i>Allen Susser, Miami</i>
Mon, 8/13	Mushroom Stew — <i>Jamie Shannon, New Orleans</i>	Sea Bass on Grits — <i>Paul Albrecht, Atlanta</i>	Floating Islands — <i>Patrick Chabert, Chicago</i>
Tue, 8/14	Shrimp Trio — <i>Daniel Mellman, Sanibel Island</i>	Fricassee of Seafood — <i>Monique Barbeau, Seattle</i>	Gateau d'Orange — <i>Stephanie Quigley, Tallahassee</i>
Wed, 8/15	Scallop Salad — <i>Will Greenwood, Nashville</i>	Sturgeon — <i>Thierry Rautureau, Seattle</i>	Pineapple Brown Sugar Crisp — <i>Lisa Anderson, New Orleans</i>
Thu, 8/16	Chanterelle Salad — <i>Kerry Simon, Las Vegas</i>	BBQ Salmon — <i>Ian Winslade, Atlanta</i>	Coconut-Key Lime Soup — <i>Thomas Parlo, Key Biscayne</i>
Mon, 8/20	Crabmeat Caesar Salad — <i>Thomas Catherall, Atlanta</i>	Sauteed Venison — <i>Paul Milne, St. Michaels MD</i>	Almond Experience — <i>Norman Love, Naples</i>
Tues, 8/21	Duck Paquet — <i>Rene Bageux, New Orleans</i>	Halibut with Portobello — <i>Don Yamauchi, Chicago</i>	Chocolate Cake — <i>Jean Philippe Maury, Las Vegas</i>
Wed, 8/22	Pickled Chanterelles — <i>Kaspar Donier, Seattle</i>	Boar Chops — <i>Kevin Rathbun, Atlanta</i>	Roasted Apples — <i>Keegan Gerhard, Naples</i>
Thu, 8/23	Chicken Tortilla Soup — <i>Mark Haugen, Minneapolis</i>	Tuna with Tuna Tartare — <i>James Burns, Charleston</i>	Pear Bruschetta — <i>Kerry Simon, Las Vegas</i>
Mon, 8/27	Lyonnais Salad — <i>Jean-Claude Poilevey</i>	Chicago; Halibut Cheeks — <i>David Machado, Portland</i>	Banana-Chocolate Tart — <i>Norman Love, Naples</i>
Tue, 8/28	Vegetable Terrine — <i>David Jarvis, Northfield IL</i>	Venison — <i>Kevin Cullen, Minneapolis</i>	Chocolate Mousse with Creme Brulee — <i>Todd Johnson, Naples</i>
Wed, 8/29	Charred Rare Tuna — <i>Anne Gingrass</i>	San Francisco; Redfish — <i>Bruce Molzan, Houston</i>	Charlotte aux Fruits — <i>Maurice Delechele, New Orleans</i>
Thu, 8/30	Curried Tuna Tartare — <i>Don Yamauchi, Chicago</i>	Bacon-wrapped Sea Scallops — <i>Dean Fearing, Dallas</i>	Apple Risotto — <i>Alain Giraud, Los Angeles</i>
Mon, 9/3	PREEMPTED FOR LABOR DAY		
Tues, 9/4	Grilled Asparagus — <i>Frank Stitt, Birmingham</i>	Salmon with Smoked Mushrooms — <i>Thomas Kovacs, Seattle</i>	Blackberry Tart — <i>Anne Quatrano, Atlanta</i>
Wed, 9/5	Crab Cakes — <i>Pascal Oudin, Coconut Grove FL</i>	Sea Bass au Papillote — <i>Gabriel Viti, Chicago</i>	Chilled Sago Soup — <i>Grant MacPherson, Las Vegas</i>
Thu, 9/6	Scallops with White Asparagus — <i>Takashi Yagihashi, Chicago</i>	Jolthead and Broth — <i>Scott Howell, Durham</i>	Kahlua Souffle — <i>Norman Love, Naples</i>
Mon, 9/10	Pacific Hot Pot — <i>Jonathan Eismann, Miami</i>	Guinea Hen — <i>Jamie Adams, Atlanta</i>	Double Mascarpone Cocktail — <i>Rebecca Turshen, Jackson MS</i>
Tue, 9/11	Sesame-Mustard Seed Tuna — <i>Allen Susser, Miami</i>	Roulade of Quail — <i>Takashi Yagihashi, Chicago</i>	Caramel Mousse — <i>Stanton Ho, Las Vegas</i>
Wed, 9/12	Mushroom Stew — <i>Jeffrey Tuttle, Pawley's Island SC</i>	Pheasant — <i>Pierre Gardien, Minneapolis</i>	Mariposa "Butterfly" — <i>Shane Goringe, New Orleans</i>
Thu, 9/13	Pecan-breaded Oysters — <i>David Jarvis, Chicago</i>	Leg of Lamb — <i>Reed Hearon, San Francisco</i>	Sugarfree Cheesecake — <i>Minh Duong, New Orleans</i>
Mon, 9/17	Pizza Margherita — <i>George Germon, Providence</i>	Tropical Tuna Danish — <i>Reimund Pitz, Orlando</i>	Banana Bavario — <i>Minh Duong, New Orleans</i>
Tue, 9/18	Stuffed Salmon Rolls — <i>Agostino Gabriele, Louisville</i>	Lamb Chops — <i>Michael McSweeney, Orlando</i>	Rum Baba — <i>Christophe Ithurritz, Las Vegas</i>
Wed, 9/19	Braised Lobster — <i>Alex Stratta, Las Vegas</i>	Egg Poppardelle — <i>David Machado, Portland</i>	Swan Lake — <i>Shane Goringe, New Orleans</i>
Thu, 9/20	Shirred Eggs — <i>Jean Joho, Chicago</i>	Rabbit Three Ways — <i>Thomas McEchern, Marietta GA</i>	Chocolate Beignets — <i>Keegan Gerhard, Las Vegas</i>
Mon, 9/24	Salmon — <i>Gerry Klaskala, Atlanta</i>	Roasted Duck Leg — <i>Casey Taylor, Beaufort SC</i>	Bananas Foster Bread Pudding — <i>Chaya R. Conrad, New Orleans</i>
Tue, 9/25	Risotto — <i>Rick Tamonto, Chicago</i>	Lamb with Country Ham — <i>Joe Castro, Louisville</i>	Strawberry Bavarian — <i>Doyle DeForest, New Orleans</i>
Wed, 9/26	Hot Grouper Cheeks — <i>Michael Cribb, Nashville</i>	Foie Gras — <i>Gene Bjorklund, Memphis</i>	Chocolate Renaissance — <i>Minh Duong, New Orleans</i>
Thu, 9/27	Grits Timbale — <i>Kathy Cary, Louisville</i>	Mandarin Quail — <i>Anne Gingrass, San Francisco</i>	Chocolate Torte — <i>Robert Bruce, New Orleans</i>

Great Chefs® of the World

Television Schedule — The Discovery Channel

4:30 p.m. ET Monday - Thursday, July - August - September 2001



DATE	APPETIZER	ENTREE	DESSERT
Mon, 7/23	Duck-stuffed Ravioli — <i>Ada Concaro, Argentina</i>	Ahi Wellington — <i>Gerard Kaleohana, Hawaii</i>	Malakoff Cream — <i>Wolfgang Sichra, Austria</i>
Tues, 7/24	Prawns — <i>Helmut Osterreicher, Austria</i>	Chicken Napoleon — <i>James Gillespie, Hawaii</i>	Apricot Pudding — <i>Sandor Varga, Hungary</i>
Wed, 7/25	Sea Bass — <i>Christophe Lidy, Brazil</i>	Lamb with Polenta — <i>Christian Petz, Austria</i>	Orange Dome — <i>Paula Hurtado, Chile</i>
Thu, 7/26	Seafood Loulou — <i>Mike Longworth, Hawaii</i>	Lamb — <i>Guillermo Rodriguez, Chile</i>	White Wine Parfait — <i>Manfred Buchinger, Austria</i>
Mon, 7/30	Salmon-Lobster Sandwich — <i>Reinhard Gerer, Austria</i>	Concato — <i>Coco Pacheco, Chile</i>	Banana Cream Coconut Pie — <i>Mark Hetzel, Hawaii</i>
Tue, 7/31	Prawns — <i>Patrick Callerec, Hawaii</i>	Oriental Lamb — <i>Helmut Osterreicher, Austria</i>	Crepe Passion — <i>Claude Troisgras, Brazil</i>
Wed, 8/1	Prawns — <i>Kelly Degala, Hawaii</i>	Tournedos Sturgeon — <i>Oliver Horion, Uruguay</i>	Rice Tarts — <i>Reinhard Gerer, Austria</i>
Thu, 8/2	Smoked Salmon — <i>Pierre Landry, Brazil</i>	Ham Strudel — <i>Sandor Varga, Austria</i>	Bitter Chocolate Truffles — <i>Heinz Hanner, Austria</i>
Mon, 8/6	Parmesan Basket — <i>Janice Barber, St. Kitts</i>	Oxtail Goulash — <i>Wolfgang Sichra, Austria</i>	Chocolate Biscuit — <i>Oliver Horion, Uruguay</i>
Tues, 8/7	Ahi Tartare — <i>Gerard Reversade, Hawaii</i>	Saddle of Lamb — <i>Romeo Morocutti, Austria</i>	Fruit Croquant — <i>Jean Yves Poirey, Brazil</i>
Wed, 8/8	Pumpkin-Goose Liver Crepes — <i>Christian Petz, Austria</i>	Fish Caprice — <i>Ottmar Weber, Grand Cayman</i>	Miracle Dessert — <i>Paula Hurtado, Chile</i>
Thu, 8/9	Goose Liver Terrine — <i>Franz Girbl, Austria</i>	Rockfish — <i>Marcus Wesch, Bermuda</i>	Gratin of Grapefruit and Figs — <i>Francis Chaveau, France</i>
Mon, 8/13	Springroll with Lamb — <i>Heinz Hanner, Austria</i>	Sweet-Sour Opakapaka — <i>Sam Choy, Hawaii</i>	Custard — <i>Ada Concaro, Argentina</i>
Tue, 8/14	Deepfried Monkfish — <i>Romeo Morocutti, Austria</i>	Sole — <i>Dolli Irigoyen, Argentina</i>	Coconut Creme Brulee — <i>Ed Morris, Hawaii</i>
Wed, 8/15	Pig's Feet and Foie Gras — <i>Jean-Paul Lacombe, France</i>	Lamb Loin — <i>Conrad Gallagher, Ireland</i>	Tarte Tatin — <i>Jean-Claude Garzia, Bermuda</i>
Thu, 8/16	Foie Gras — <i>Pierre Castagne, St. Maarten</i>	Swordfish Piccata — <i>David Kendrick, St. Croix</i>	Chocolate-Lime Parfait — <i>Josef Teuschler, Nevis</i>
Mon, 8/20	Zucchini Flowers — <i>Jean-Paul Bondoux, France</i>	Crusted Mahimahi — <i>Sam Choy, Hawaii</i>	Sweet Cheese Dumplings — <i>Stefan Hierzer, Austria</i>
Tues, 8/21	Crayfish — <i>Alain Laurent, Anguilla</i>	Lobster — <i>Phillipe Mongereau, Dominican Republic</i>	Fruit Pudding — <i>George McKirdy, Puerto Rico</i>
Wed, 8/22	Shark Hash — <i>Marcus Wesch, Bermuda</i>	Lamb — <i>Phillip Howard, England</i>	Seasonal Fruits — <i>Marc Janodet, France</i>
Thu, 8/23	Jellied Duck — <i>Heinz Reitbauer, Austria</i>	Suckling Pig — <i>Kevin Thornton, Ireland</i>	Apple Tart — <i>David Fillat, France</i>
Mon, 8/27	Curried Lobster — <i>Norma Shirley, Jamaica</i>	Swordfish — <i>Scott Williams, Necker Island</i>	Banana Napoleon — <i>Patrick Lassoque, Mexico</i>
Tue, 8/28	Carinthian Ravioli — <i>Sissy Sonnleitner, Austria</i>	Beef Filet — <i>Dennis Lenihan, Ireland</i>	Chocolate Tart — <i>Sebastian Degardin, France</i>
Wed, 8/29	Prawn Carpaccio — <i>Penny Plunkett, Ireland</i>	Squab — <i>Meinrad Neunkirchner, Austria</i>	Roasted Fruits — <i>Jean-Marie Auboine, France</i>
Thu, 8/30	Venison — <i>Gunter Gaderbauer, Austria</i>	Squab — <i>Bernard Loiseau, France</i>	Poached Pear — <i>Jean-Claude Garzia, Bermuda</i>
Mon, 9/3	PREEMPTED FOR LABOR DAY		
Tues, 9/4	Chicken Wings — <i>Karl Mraz, Austria</i>	Pigeon — <i>Penny Plunkett, Ireland</i>	Cookie Basket — <i>Phillipe Le Pelletier, France</i>
Wed, 9/5	Langoustine Risotto — <i>Keith Scheible, Antigua</i>	Rock of Lamb — <i>Christophe Lidy, Brazil</i>	Chocolate Tart — <i>Brendan O'Sullivan, Ireland</i>
Thu, 9/6	Flan with Crab Cake — <i>Phillipe Jousse, France</i>	Sea Bass — <i>Paul Gaylor, England</i>	Tiramisu — <i>Ernesto Garrigas, St. Thomas</i>
Mon, 9/10	Smoked Trout Terrine — <i>Wolfgang Sichra, Austria</i>	Pacific Shrimp — <i>Dominique Jaimain, Hawaii</i>	Frozen Chocolate Tart — <i>Paula Hurtado, Chile</i>
Tue, 9/11	Scallop Salad — <i>Dennis Lenihan, Ireland</i>	Veal with Morels — <i>Martin Reitberger, Austria</i>	Praline Tart — <i>Jean-Paul Lacombe, France</i>
Wed, 9/12	Lobster Salad — <i>Christian Willer, France</i>	Venison — <i>Christian Domschitz, Austria</i>	Chocolate Coffee Cup — <i>Benoit Blin, England</i>
Thu, 9/13	Duck Liver — <i>Neil McFadden, Ireland</i>	Duck Breast — <i>Christian Morisset, France</i>	Crepe à la Goldener Hirsch — <i>Gernot Hicka, Austria</i>
Mon, 9/17	Shrimp Ceviche — <i>Douglas Rodriguez, Puerto Rico</i>	Lamb — <i>Michael Madsen, St. Croix</i>	Banana Pudding — <i>Scott Williams, Necker Island</i>
Tue, 9/18	Turmeric Coco Yuca — <i>Ramesh Pillai, Puerto Rico</i>	Veal Oscar — <i>Bent Rasmussen, St. Croix</i>	Unnameable Dessert — <i>Cecile Briaud, St.-Martin</i>
Wed, 9/19	Smoked Salmon — <i>Alain Laurent, Anguilla</i>	BBQ Swordfish — <i>Keith Griffin, Grand Cayman</i>	Guava Mousse — <i>Kevin Baxx, St. Thomas</i>
Thu, 9/20	Shrimp Sauté — <i>Michael Madsen, St. Croix</i>	Red Mullett — <i>Thierry Alix, St.-Martin</i>	Passion Fruit Chiboust — <i>Patrick Lassoque, Mexico</i>
Mon, 9/24	Black Bean Cake — <i>Janice Barber, St. Kitts</i>	Lamb Chop — <i>Jeremie Cruz, Puerto Rico</i>	Chocolate-Banana Tart — <i>Andrew Comey, St. John</i>
Tue, 9/25	Onion Pie — <i>Pierre Castagne, St. Maarten</i>	Grouper Fillet — <i>Hubert Lorenz, St. John</i>	Apple Pie — <i>Keith Griffin, Grand Cayman</i>
Wed, 9/26	Crayfish Tails — <i>Vernon Hughes, Anguilla</i>	Sea Bass — <i>Phillipe Mongereau, Dominican Republic</i>	Floating Islands — <i>Roger Wiles, Jamaica</i>
Thu, 9/27	Red Tuna Tartare — <i>Patrick Gateau, St.-Barthelemy</i>	Spiced Lamb — <i>Jeffrey Vigilla, Mexico</i>	Sponge Cake — <i>David Kendrick, St. Croix</i>

For chocoholics,
desserts can be
the pot of gold
at the end of a
rainbow.

By Barbara Grunes

No doubt about it, we are crazy about chocolate, and so are millions and millions of other people all over the globe. The presentation of chocolate confection as an ending to a meal is the ultimate situation for the chocolate lover. This article contains some of the most outstanding chocolate recipes. As much as we enjoy eating chocolate desserts, many of us are intimidated by their preparation. That is why we have asked the experts to help us develop dessert making skills. No triumph makes a cook prouder than serving a beautiful chocolate dessert for friends, family, a birthday parties, wedding receptions or graduation celebrations.

When asked how to help the home cook with chocolate recipes, Chef Jackie Shen said, simply and directly, "Cook more. That's right, just keep cooking and experimenting. I'm

serious with that statement, the more you cook, the better you get. Also, know your ingredients. The creativity of a cook begins with the basics. Take a recipe and add to it, meeting your own tastes and standards."

For example, at the restaurant, we made so many lemon tarts, that one day we decided to make it a more intense flavor and changed it to a lemon mousse in consistency. It took so much work to change the recipe. It was not just adding the gelatin and whipped cream, but the question was how much and when to add it. Time passed, we did a lot of work, the trick was not to make the tart rubbery. Finally, we had it, a perfect dessert.

Chef Shen is known for her Chocolate Bag. She says that occasionally people will say to her, jokingly, are you the bag lady? It just so happens that I was in the kitchen the ►

Chocolate

Mad

Chocolate
Grand Marnier
Cake

ness

Great Chefs Résumé

Jean-Luc Albin

Maurice's French Pastries
Metairie, LA

The world of food has carried Jean-Luc Albin from France to America by way of Bermuda and through a series of jobs in large operations and small. Some might be surprised to find the former hotel food and beverage director now running a bakery in a suburb of New Orleans—but not Albin himself.

To be the owner, not just the employee: That was burned into his heart as a goal since his youth in Briançon, in the French Alps. Albin's father was a talented chef, and the boy was barely 15 when he decided to follow in his dad's footsteps. He worked in small resort hotels in the south of France, signed on as a three-year apprentice in Marseilles as soon as he was old enough, he got a job in a classical kitchen.

Albin credits the legendary chef Alexandre Chabert, and the time spent with him at Tain l'Hermitage, with helping turn a youthful experience into career commitment. A mere six months later, Albin was ready to head for Paris, and not just to the City of Light but to the Georges V. Hotel, where he remained for five years.

Those years at one of the world's most famous properties served as the resume that would make possible much of what happened next. Albin made it as far west as Bermuda to serve as chef at the Southampton Princess, then on to Atlanta to take a job at the Omni International. He was only 26 when the Fairmont brought him to New Orleans as executive chef, eventually promoting him to director of food and beverage.

Albin later moved on to the Fairmont in Dallas, also as food and beverage director, then on to Los Angeles as executive assistant to the chairman of Filmland Corporate Center, headquarters for MGM/UA Studios. Before long, he was that company's chief of operations and building manager, as well as overseeing Five-Star Catering Company as general manager and vice-president.

What lured Albin back to New Orleans was the chance to serve as food and beverage director at the Windsor Court Hotel, the city's most highly rated property. But what kept him in town, with his wife Marlene, his son Jean-Henri and his daughter Lilli Margaux, was the chance to buy Maurice's French Pastries.

Quickly growing the operation, Jean-Luc has created a coffee shop inside the bakery and expanded to provide pastries for many of the restaurants and shops in New Orleans. Maurice's French Pastries trucks are everywhere in the city, delivering the very good "goods." Now Jean-Luc not only excels at producing the best pastries he knows how to make, he also has the satisfaction of being master of his own destiny. And for him, that is a sweet treat indeed.



chocolate, rich, dark and with a fudge flavor. Chocolate flavor should be pure. "My personal favorite chocolate is one that is blended with hazelnut paste. I make a dessert of crêpes with a chocolate hazelnut filling. It is so good that a guest once screamed out loud."

Always buy the best chocolate and butter available. If you must, wait until they are on sale and then stock up. "Always be creative. For example, one day I brought Gio, my 5 year old son, a chocolate filled croissant. The next time I brought home a croissant it was plain, but he wanted the chocolate filled type. So I opened up the roll, sprinkled it with chocolate chips and heated it in the microwave for 20 seconds." He loved it. How lucky to have such a instinctively creative mother. Chef Gand told me she has just filmed a show for a cable television show called, "Chocolate Madness." It is part of her regular show that appears daily.

My family recently returned from a holiday in New Orleans where we found the food so extraordinary. My daughter said that visiting New Orleans is like visiting a foreign country that has an extraordinary cuisine with a population dedicated to creating and enjoying fine dining. It seems that we ran from excellent restaurant to excellent restaurant. Chef Jean-Luc Albin's patisserie is located in the New Orleans area.

Chef Jean-Luc Albin tells the aspiring home cook to never skimp on ingredients. "If the recipe calls for butter, use butter. There is a place for margarine but not in the recipe that calls for butter. If the recipe calls for flour, search for the best flour available. Always use fresh fruit when you can. Always use the best chocolate. Be flexible with recipes add what you will to make each and every recipe the best it can be."

His pastries change seasonally and with individual holidays. For example, at Mardi Gras time he prepared the King Cake. It is like a giant cinnamon roll, shaped like a bagel in a circle to

day they were filming and photographing for the Chocolate Bag. It was one of those very frigid and snowy January mornings in Chicago. The finished bag was beginning to melt under the intense heat of the camera lights. Jackie instinctively scooped up the chocolate bag and rushed it outside the back door into the cold air and set it on top of the snow to cool. It worked,

a perfect bag. An outstanding dessert.

Executive pastry chef/partner, Gale Gand, confesses not to be a chocoholic, but you can't tell that by her outstanding creations. "It is my sister-in-law, Joan, who teaches me what a real chocoholic craves. It is a creation that is rich, dark and fudgy. A dessert that is not hampered by other flavors, no additional confliction flavors, just

make the shape of a king's crown. It is frosted in three outstanding colors, purple, gold and green. When asked how he would go about making a new holiday recipe, he said to first think about the holiday. For example, lets take the Fourth of July, think about the colors involved: red, white and blue. It is hot at that time of the year, so you will need something light and refreshing. And this is the beginning of how to formulate a new dessert.

"My most favorite dessert is a fresh fruit cake, it is a three layer, yellow butter cake. It is iced in a Bavarian cream and has sliced toasted almonds around the sides. The top is covered in the best sliced fruits and a glaze on top. If you have a favorite chocolate cake, something that you really love, expand on it. Make it your signature dessert. Try to make this one chocolate dessert the best that you can."

Early Monday morning, I asked Chef Shen if she would mind if we talked about chocolate just one more time. Chef Shen responded with a laugh in her voice, "Who doesn't want to talk about chocolate, good grief. It is part of life. From when a child is about eight years old and experiences 'Trick or Treat' until adulthood and develops a definite taste for the type of chocolate he/she loves. I remember, once taking a trip to Egypt and was afraid that there wouldn't be chocolate available. so I packed M and M's, with peanuts, and Cadbury fruit and nut bars—just in case there wasn't any chocolate in Egypt. My favorite chocolate dessert of all time is Jean Banchet's flourless chocolate cake. It is both dense and intense. While working at La Mer Restaurant, I would come in early in the morning and have the cake for both breakfast and lunch."

There is no mystery to baking delicious chocolate pastries.

Success in chocolate baking is not due to good fortune or a special gifted touch for baking, but success is due to work, confidence and using the best chocolate available.

Chocolate Grand Marnier Cake

Makes 1; serves 12

Frothy with chocolate shavings, coated with dense ganache, flavored with strawberry and Grand Marnier, this is a cake to be reckoned with.

The chef even tops it with chocolate-dipped enormous strawberries. Each step is relatively simple: 2 chocolate cake layers, a lot of ganache and chocolate curls. Plus those strawberries!

Chocolate Cake

- 1½ cups sifted all-purpose flour
- 2 tablespoons cocoa powder
- 1 teaspoon baking soda
- Pinch of salt
- 10 ounces sugar
- ½ cups (1 stick) butter
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup milk
- ½ cup Grand Marnier or other orange-flavored liqueur
- ½ cup strawberry preserves

Chocolate Ganache

- 2 pounds semisweet chocolate, chopped
- 4 cups heavy (whipping) cream
- ¼ cup sugar
- 4 ounces semisweet chocolate
- 8 large fresh strawberries
- Cocoa powder for dusting
- Confectioner's sugar for dusting

To make cake: Preheat oven to 350° F. Grease and line two 8-inch cake pans with parchment paper. In a medium bowl, combine flour, cocoa powder, baking soda, and salt. In a mixing bowl, beat sugar and butter together until fluffy. Add vanilla extract. Beat in egg and continue to beat at medium speed for 3 to 4 minutes. Gradually beat in blended dry ingredients. With mixer running, gradually add milk and beat until smooth. Pour batter into prepared pans and bake 30 minutes, or until a toothpick inserted in the centers comes out clean. Remove from oven and cool

Always buy the best chocolate and butter available. If you must, wait until they are on sale and then stock up.

on a wire rack for 30 minutes. Remove from pans, lift off parchment paper and let cool completely on wire racks.

To make ganache: Combine all ingredients in a large saucepan. Bring to a boil over medium heat and cook, stirring constantly, until chocolate is melted and mixture is smooth. Let cool.

To assemble: In a small, heavy pan over low heat, melt ¼ cup of ganache. Dip fresh strawberries in melted ganache and set aside on a wire rack to cool. Sprinkle one cake liberally with Grand Marnier. Spread with strawberry preserves. Place remaining ganache in a pastry bag fitted with a large fluted tip and pipe a spiral of ganache on top of preserves. Top with second cake. Sprinkle top with Grand Marnier and pipe ganache over entire outside of the cake. With a spatula, spread ganache evenly over cake, creating a small rim at the top. Pour remaining melted ganache on top of the cake. Place cake in refrigerator to chill.

Shave remaining four ounces of chocolate: pull a vegetable peeler over chocolate, or pull chocolate over broad cutter of a food grater or mandoline. Transfer chilled cake to a serving plate. Arrange largest shavings in rosettes ▶

Chocolate Bag



on top of the cake, pressing them into ganache covering. Garnish top with chocolate-dipped strawberries. Press remaining shavings around cake sides to cover it. Dust lightly with cocoa powder and confectioner's sugar. Keep chilled until service.

Recipe provided by Jean-Luc Albin.

Chocolate Bag

Makes 12

Jackie Shen transforms chocolate mousse with her creative presentation: chocolate bags filled with white chocolate mousse. She finds that small popcorn bags like those used in theaters make the best molds, but small freezer bags may also be used. One lovely feature: the mousse, bags, sauce and whipped cream may be made ahead of time, and assembled at the last minute.

Mousse

- 12 ounces white chocolate, chopped
 - 1 ¼ ounce envelope unflavored gelatin
 - 1 cup milk
 - 1 cup whipping cream
 - 4 egg whites
- Squeeze of lemon juice

Chocolate Bag

- 2½ pounds semisweet chocolate, melted
- 12 wax paper bags, approximately 3 inches wide and 8½ inches tall, with square bottoms

Raspberry Sauce

- 16 ounces fresh or frozen raspberries

Garnish

- 1 pint heavy (whipping) cream, beaten to firm peaks
- 12 fresh strawberries, stemmed and halved lengthwise
- 36 fresh strawberries, hulls on

To make mousse: Melt chocolate in the top of a double boiler over barely simmering water. Dissolve gelatin in ¼

of milk. Bring remaining milk to a boil. In a bowl, gradually combine melted chocolate and hot milk. Add dissolved gelatin and stir until mixture is smooth and well-blended. Cool mixture over a bowl of ice water, stirring occasionally, until partially set.

Beat whipping cream until stiff and refrigerate. Beat egg whites to soft peaks. Add lemon juice; beat until stiff. Carefully fold together whipped cream and egg whites. Gently add chocolate mixture. Refrigerate mousse overnight (can be refrigerated for up to 3 days).

To make chocolate bags: Trim tops of bags by half, to 4 inches tall. Open bags, making sure that bottoms and sides are straight. Fold top edges of bags over so that bags sit squarely. With a brush, "paint" the inside of the

bags with melted chocolate. Build up a layer thin enough to break and eat, but thick enough to stand. Freeze overnight (bags may be made 2 to 3 days ahead and stored in the freezer).

To prepare sauce: Purée raspberries in a food processor. Strain and refrigerate.

To assemble and serve: Spoon chilled raspberry sauce onto serving plates, filling the inside of the plates. Just before serving, in a cool place, carefully peel waxed bag away from set chocolate. Spoon white chocolate mousse into chocolate bags and place one bag on each plate. Put whipped cream in a pastry bag fitted with a medium fluted tip and pipe whipped cream on top of mousse in each bag. Garnish cream in each ►

Great Chefs Résumé

Jackie Shen

*Lawry's the Prime Rib
Chicago, IL*

Jackie Shen arrived in the U.S. from Hong Kong at the age of 17 with \$1,000 in her pocket and many dreams. Twelve years later she'd created her own Chicago restaurant, Jackie's, and earned critical acclaim from the day it opened.

Her original goal was to become a hotel manager.

"My father thought I should be a secretary if I wanted to work, and then get married and have children. And my mother thought I was crazy," she says. "So I asked my father for \$1,000, since I heard I could work as a waitress during the summer and support myself after the first year." After a year at Ottumwa Heights College in Iowa, she transferred to the hotel management school at the University of Houston. After graduation she moved to Chicago, where she began as an assistant manager for a small restaurant in the Ritz-Carlton. From there she moved to the Park Hyatt, convincing them to let her switch from management to become steward of the kitchen.

Saving \$4,000 toward her goal of owning a restaurant, she leased a small snack shop and named it Uncle Pete's. There she developed her hallmark of personal service. "I am very good with names and faces," she says. "People know if you are paying attention to them."

After 18 months, she sold Uncle Pete's and went to work at La Mer, a seafood restaurant owned by the legendary Jean Banchet. With this base for her training, she next went to Le Ciel Bleu. By 1982 she was ready to buy and open Jackie's. Jackie finally closed the acclaimed restaurant and moved on, now working at Lawry's the Prime Rib in Chicago. Talking about her dishes, she says, "Creating them is like creating a painting. I see colors as well as flavors, since the impressions of the dish begin when it arrives on the table, even before the first bite."



bag with two strawberry halves. Place 3 whole strawberries around the bag on each plate.

Recipe provided by Jackie Shen.

Crispy Chocolate Phyllo Napoleon

Makes 4

This lovely dessert stacks chocolate-basted phyllo triangles, mocha ganache, and ginger-orange cream. Wafer-thin pear slices hide inside and are also used as a garnish. Chef Gand uses sheets of glass as plates, decorating them with bright cranberry coulis, mango sauce, and soft whipped cream. The ganache must chill at least 8 hours; it may be made a day ahead.

Great Chefs Résumé

Gale Gand

as taped at Trio
Chicago, IL

Gale Gand started out with mud pies. Captured by a life magazine photographer, six-year-old Gale was already focused on her future.

Gand has been celebrated as "the best pastry chef in the U.S.," a tag placed on her by Chicago Sun-Times restaurant critic Pat Bruno. In 1994 she won the Robert Mondavi Award for Culinary Excellence. She and partner Rick Tramonto were nominated for the James Beard Awards as Best Chef, Midwest, in 1994 at their Trio restaurant, and again in 1999 at their Tru (Best New Restaurant this time). She has also been nominated Best Pastry Chef by the James Beard Awards and the Tramonto-Gand cookbook, *Butter Sugar Flour Eggs*, was put forth in the Best Cookbook category.

Gale Gand and Rick Tramonto are good, in other words—Really, really good. A native of Chicago, Gand was studying metalworking in college when she worked at a restaurant during a year off and fell in love with the business. After running her own catering company, she went to work in Rochester, New York, at the Strathallen Hotel, where she met her future partner, Rick Tramonto.

Together they moved to New York City, working at Gotham Bar & Grill. Moving back to Chicago, the duo were drawn to a five-star hotel near London, the Stapleford Park, where they earned praise And the big red "M" in the Michelin guide. Back in Chicago, Gand worked at Charlie Trotter's before she and Tramonto teamed with Henry Adaniya to open Trio. Next, it was Brasserie T, and then, in 1999, Tru's. Gand has her own show, "Sweet Dreams." It's a long way from mud pies!



Mocha Ganache

- 1 pound Valrhona or other fine bittersweet chocolate, chopped
- 1 cup milk
- 1 cup heavy (whipping) cream
- 1½ tablespoons coffee, ground
- ¼ vanilla bean, split
- ¼ cup minus 1 tablespoon sugar

Chocolate Phyllo Triangles

- ¼ cup cocoa powder
- ¼ cup clarified butter (see Basics)
- 3 sheets phyllo, thawed
- Granulated sugar for sprinkling

Cranberry Coulis

- ½ bag fresh cranberries
- 1 cup water
- 2 tablespoons sugar

Mango Sauce

- 1 mango, peeled, pitted and chopped
- Juice of 1 lime

Ginger-Orange Cream

- 2 cups heavy (whipping) cream
- ¼ cup brown sugar
- 2 teaspoons fresh ginger, ground
- Rind of 1 orange, grated
- 2 ripe pears
- Coarse sugar for sprinkling
- Confectioners' sugar for dusting

To make mocha ganache: Place chopped chocolate in a heatproof bowl. In a medium saucepan, combine milk, cream, coffee, vanilla bean, and sugar and bring just to a boil over medium heat. Remove from heat and strain through a fine-meshed sieve lined with 2 layers of cheesecloth into chocolate. Let stand for a minute to allow chocolate to soften, then stir together with a whisk. Cover with plastic wrap and chill in refrigerator overnight, or at least 8 hours.

To make chocolate phyllo: Preheat oven to 375° F. Line a large sheet pan with parchment paper. Stir cocoa powder into butter. Spread one sheet of phyllo out on the prepared pan; keep remaining layers covered with a damp cloth until ready to use. Using a pastry brush, dip into chocolate, sprinkle chocolate across phyllo, then brush it smooth, covering to the edge. Use a light hand so that phyllo does not become soggy. Sprinkle with sugar. Repeat with other sheets of phyllo, stirring chocolate before dipping each time as it tends to settle. Put a sheet of parchment over the top of phyllo and put another large sheet pan on top to keep phyllo flat. Bake until crisp, 10 to 12 minutes; although difficult to see because of the chocolate, edges will begin to brown. Remove from oven, take off top pan, and peel back top parchment. Loosen from the bottom parchment with a spatula. Break or cut into 12 triangles. Let cool.

To make cranberry coulis: Put ingredients in a large saucepan and bring to a boil over medium-high heat. Reduce heat to medium and cook until berries pop open, 5 to 6 minutes. Remove from heat, let cool slightly, then pour through a fine-meshed sieve lined

Crispy Chocolate
Phyllo Napoleon



with 2 layers of cheesecloth. Put in a squeeze bottle.


To make mango sauce: Purée mango with lime juice in a food processor or blender and strain through a fine-meshed sieve lined with 2 layers of cheesecloth. Put in a squeeze bottle.

To make ginger-orange cream: Place cream and brown sugar in the bowl of an electric mixer and beat until cream forms soft peaks; or, beat to peaks by hand. Pour off half of the mixture and put in a squeeze bottle with a large opening. Add ginger and zest to

remaining cream and beat until firm peaks form. Set aside; refrigerate if you need to hold it more than 15 minutes.

To prepare pears: Slice pears in quarters and core. Slice each piece into very narrow lengthwise slices. Sprinkle with sugar and caramelize with a small torch, or under a preheated broiler.

To serve: On four glass or other attractive dishes, draw zigzags with mango sauce. Cross these with plump zigzags of plain cream. Draw zigzags with cranberry coulis on top of the cream. Place a phyllo triangle on each

plate. Put a layer of ganache on each triangle, then press one-eighth of the pear slices into each (using half of the total pear slices available.) Top with a little ginger cream. Put a second phyllo triangle on each, offsetting it 30 degrees from the first. Top with ganache and ginger cream. Add one final phyllo triangle to each dessert, offsetting it 30 degrees from the second. Fan one fourth of remaining pear slices beside each dessert. Dust one end of each top triangle with confectioner's sugar. 

Like the
notes on a
sheet of
music, a
beautiful
torte will
build to a
crescendo.

Tortes

of a musical nature

By Deborah Byrd

Like a work of art, a beautiful torte impresses at first glance. Clearly the result of both craftsmanship and artistry, its creation can seem a bit mysterious to the uninitiated.

But this work of art is not meant to last. Though we might murmur something about it being too pretty to eat, we're probably quite content to grab a fork and consume it, bite by bite, with sighs of pleasure, until not a crumb remains.

That's the fate of a dessert, no matter how lovely it is to look at, it's here and gone, to be created from scratch all over again for a new audience tomorrow.

"In that way it compares to another art form," said Richard Rivera of Ambrosia Euro-American Patisserie in Barrington, Illinois. When a new creation is introduced and made over and over again, he and his staff find ways to make small improvements until it's just right.

"It's like making music," he said. "Sometimes, just like with anything else, there are revisions. Things are refined, tweaked."

In his repertoire are a number of showstoppers, including the gorgeous tortes on the following pages.

One, the many-layered Opera Torte, really takes the music metaphor to heart. With its many layers of chocolate Bavarian cream, coffee buttercream, chocolate ganache and almond sponge cake, it's as heady as Verdi aria. What about its garnish? Musical notes piped in chocolate onto crème anglaise.

Another, the Chocolate Valencia, was inspired by a trip through the orange orchards of Seville, and combines the flavors of oranges and chocolate. There's a laminated orange roulade that surrounds the cake, an orange-liqueur syrup sprinkled on layers of vanilla genoise and an orange marmalade glaze on top. These play

off bittersweet chocolate Bavarian and a tri-color chocolate garnish.

With the Chocolate Rum Truffle Cake, we enter the realm of near-fantasy. Its diagonally striped outer surface is bisquit décor: lines of chocolate and plain batters baked together into a thin layer, to be carefully positioned around a center of vanilla genoise, chocolate Bavarian cream and chocolate ganache. Then the cake is brushed with an apricot glaze. As if this wasn't enough to cause any dessert-lover to swoon, there are cocoa-dusted, chocolate rum truffles on top and fresh berries alongside.

As lovely as they are to look at, Rivera said, "The visuals are usually the final element and factor. We're looking more at textures, mouthfeel—and flavor, of course. Flavor and texture are in the forefront, our priorities, and then style and design just fall right into place."

Ambrosia has built its reputation on consistency as well as quality. If you've

Chocolate Valencia



tasted any of these in the 11 years it's been open and went back to try them again, you'd likely be just as pleased as the first time.

But, if you live nowhere near Barrington, you can still approximate the results, with the recipes here. Though the recipes are complex, Rivera said a home cook can execute them, with the right attitude.

"Patience: the most important thing in any recipe. Patient and foresight: knowing where you're going with the product, that's the next step. Not to get too far ahead of yourself. If you push too hard, it's going to show in the results," he said.

For instance, genoise is too tender to work with the day it's baked. "It's better to do it one day, then let it rest." The truffle base, too, can be made a day ahead and kept covered and chilled until ready to use; overnight chilling gives the confection the correct consistency for molding into shape. Some mousse mixtures are also better for a day's settling, covered, in the refrigerator.

"If you push things too fast—visualize a sponge that's too soft or too weak—if your mousse is way too loose, these can be nightmares for a beginner."

Ingredients for these recipes can be found in most supermarkets, and it makes sense to use the best you can afford.

"It all has to do with premium products," Rivera said. "You can't cheat on that—with most people's palates, the alarm will go off. With the chocolates, for sure. If you use a middle-of-the-road chocolate, you're going to certainly taste the lack of punch."

Rivera uses unsalted, fresh butter, and French, Belgian or Swiss chocolate—although he says imports are not essential. "Something that tastes good to your palate, that you feel comfortable with, you should probably cook with."

Beware of too-sweet chocolates. Sugar is a great way to mask an inferior product. "The sweetness comes forth before the delicate flavors."

One piece of advice that might seem

surprising to the home cook: It's fine to freeze these tortes (well-wrapped, of course) once they're assembled. "People seem to be afraid of freezers," he said. "But the freezer is a fantastic tool. Especially when you're taking it as a gift, or transporting it, the colder the better. In fact, many of our cakes, the charlottes and the mousse cakes, I prefer them as semifreddos. I have no problem with that, especially in hot weather."

Opera Torte

Serves 6

Alternating layers of chocolate Bavarian cream, coffee buttercream and chocolate ganache separate thin layers of rum-soaked, almond sponge cake. This elegant composition has nine layers and a fabulous taste. Because of the precision in this recipe, we give some measurements as the chef specified them, in ounces, which can be measured on a kitchen scale made for this purpose.

Almond Sponge Cake

- 5 egg whites
- 4 ounces sugar
- 2 ounces almond meal
- ½ teaspoon baking powder
- 2½ ounces cake flour
- 2 whole eggs

Coffee Buttercream

- 1½ ounces water
- 10 ounces sugar
- 6 egg yolks
- 1 pound (4 sticks) unsalted butter, cool room temperature
- 1½ tablespoons espresso or very strong black coffee

Crème Anglaise

- 2 cups milk
- 6 ounces sugar
- ½ vanilla bean pod, split
- 6 egg yolks

Chocolate Bavarian

- 1 packet unflavored gelatin
- 2 tablespoons cold water

- 12 ounces bittersweet chocolate, chopped
- 1 cup crème anglaise (above)
- 3 cups heavy (whipping) cream

Ganache

- 12 ounces semisweet chocolate, chopped
- 8 ounces heavy (whipping) cream

Rum Syrup

- 2 cups water
- 4 ounces sugar
- 1 tablespoon rum

Additional ½ recipe of crème anglaise (above)

- 6 ounces semisweet chocolate, chopped

Fresh raspberries

To make sponge: Line two ½-inch-deep sheet pans with parchment paper. Preheat the oven to 400° F. In a deep bowl, beat egg whites with one half of the sugar until stiff peaks form and mixture is glossy. Transfer to a clean bowl. Sift almond meal, baking powder and cake flour together on parchment paper. In a deep bowl, beat whole eggs and remaining sugar until mixture thickens and turns a pale yellow. Gently fold one half of the whites into yolk mixture. Fold in dry ingredients. Very gently fold in remaining whites. Spread into prepared pans and bake 7 to 10 minutes, until cake springs back when touched. Remove from oven and cool in the pan for 10 minutes, then remove from pan and cool completely on a rack.

To make buttercream: Mix water and sugar together in a heavy saucepan and heat over medium heat until mixture reaches 242° F on a candy thermometer (soft ball stage). Do not stir; wipe away any crystals that form on the side of the pan with a damp brush. In a deep bowl, beat egg yolks until they thicken and turn pale yellow. Continue beating and slowly add sugar mixture in a small stream. When all sugar has been added, continue beating until mixture has cooled and is light and



Opera Torte

fluffy. Beat in butter, 1 tablespoon at a time. When all butter has been added, beat in coffee extract. Store buttercream in refrigerator until ready to use.

To make *crème anglaise*: Put milk and sugar in a heavy saucepan. Scrape out seeds from vanilla bean pieces with the point of a sharp knife and drop into the milk and sugar. Drop pods into the mixture. Bring mixture to a boil in a heavy saucepan over medium-high heat. Remove from heat and take out vanilla bean pods. Lightly beat egg yolks in a small bowl to break them up. Whisk in a large spoonful of hot milk mixture to temper eggs. Reduce heat

under the milk mixture to medium-low and slowly whisk in egg-milk mixture. Cook until mixture coats the back of a spoon.

To make *Bavarian*: Sprinkle gelatin powder into the water and let soak. Melt chocolate in the top of a double boiler over barely simmering water. Remove from heat. In a heavy saucepan over medium-low heat, warm *crème anglaise* and stir in gelatin mixture, continuing to stir until it has completely dissolved. Stir *crème anglaise* into the chocolate. In a deep bowl, beat cream until it stands in soft peaks. Gently fold a large spoonful of

the cream into the chocolate mixture, then fold in remaining cream.

To make *ganache*: Melt chocolate in the top of a double boiler over barely simmering water. Remove from heat. Bring heavy cream to a boil over medium heat. Blend hot cream into chocolate.

To make *rum syrup*: Bring water and sugar to a boil in a heavy saucepan over medium-high heat. Boil 1 minute. Let cool to room temperature and stir in rum.

To assemble: Cut each sponge layer into 4 strips lengthwise. Place first of these layers on a long platter or a piece of heavy cardboard cut to fit and covered with foil. Brush with rum syrup.

Spread with a thin layer of coffee buttercream. Add a second layer of sponge, pressing down gently, and paint with rum syrup (paint each successive layer of sponge with rum syrup as you build the torte). Put *Bavarian* in a pastry bag fitted with a large flat tip and pipe a layer of chocolate *Bavarian* on the sponge. Add the next layer of sponge, brush with rum syrup and spread with *ganache*. Top with another layer of sponge, brush with rum syrup and top with coffee buttercream. Top with a final layer of sponge, brush with rum syrup and a final layer of coffee buttercream. Spread the top with *ganache*, smoothing the *ganache*. Chill until set, 30-40 minutes.

To serve: In the top of a double boiler over barely simmering water, melt semi-sweet chocolate. Put chocolate in a pastry bag with a small, plain tip. Slice torte into serving portions with a very sharp serrated knife. Place slightly off-center on serving plates. Pipe a row of chocolate scrolls diagonally across the top of each. Put a spoonful of *crème anglaise* on the plates. Pipe three chocolate music notes in the *crème anglaise* on each plate. Pipe chocolate scrolls on the plates at the forward edge of the *crème anglaise* and center with a raspberry.

Note: Left-over sponge may be used to make mini versions of the torte. ▶

Chocolate Rum Truffle Cake

Serves 10

A host of popular flavors—almond, vanilla and raspberry, along with chocolate and rum—take on a variety of roles in this big production number. This dessert is almost a course in the art of pastry making all by itself. The bisquit decor is similar to a roulade; meringue is folded into the batter so it is flexible after baking.

Bisquit Decor Sheet

- 6 egg yolks
- 1 whole egg
- 1 cup plus 2 tablespoons sugar
- $\frac{3}{4}$ cup egg whites (about 6 whites)
- 1 cup cake flour, sifted

- 2 teaspoons almond extract or vanilla extract
- 3 tablespoons unsweetened cocoa powder

Genoise

- 3 large eggs
- 6 tablespoons sugar
- $\frac{1}{2}$ cup cake flour
- $\frac{1}{2}$ teaspoon baking powder
- 2 teaspoons vanilla extract
- 1 tablespoon unsalted butter, melted

Rum Syrup

- 2 cups water
- 1 cup sugar
- $\frac{1}{4}$ cup Myers's dark rum, or to taste

Chocolate Bavarian Cream

- 12 ounces semisweet chocolate, chopped
- 2 envelopes unflavored gelatin
- $\frac{1}{4}$ cup water
- 1 cup crème anglaise
- 3 cups heavy (whipping) cream

Chocolate Ganache

- 12 ounces semisweet chocolate, chopped
- 1 cup heavy (whipping) cream

Chocolate-Rum Truffles

- 15 ounces semisweet chocolate, chopped
- $\frac{1}{2}$ cup heavy (whipping) cream
- 1 $\frac{1}{2}$ tablespoons unsalted butter
- 3 tablespoons sugar
- 3 tablespoons Myers's dark rum, to taste
- 1 cup unsweetened cocoa powder

Mocha Butter Cream

- 3 tablespoons water
- 1 cup sugar
- 6 large egg yolks
- 2 cups (4 sticks) unsalted butter at room temperature, cut into small pieces
- 2 tablespoons coffee extract or double-strength brewed espresso

Garnish

- 1 $\frac{1}{4}$ cups apricot jam
- 1 $\frac{1}{2}$ cups crème anglaise
- 6 tablespoons raspberry purée
- Unhulled fresh strawberries, halved
- Fresh raspberries

To make bisquit decor: Preheat oven to 400° F. Line a 13 x 17-inch sided baking pan with parchment paper or waxed paper.

Combine egg yolks, egg and 1 cup sugar in the bowl of an electric mixer. Beat at high speed until mixture is pale in color and thick (about 10 minutes). Add the extract. Fold flour into egg mixture.

In a large bowl, beat egg whites with 2 tablespoons sugar until stiff, glossy peaks form. Remove one-third of the batter to a separate bowl and fold



Chocolate Rum Truffle Cake

cocoa into it. Refrigerate remaining batter. Place chocolate batter in a pastry bag fitted with a plain tip and pipe diagonal stripes onto prepared pan. Stripes should be $\frac{1}{2}$ to $\frac{3}{4}$ inches thick and spaced 1 inch apart. Place in freezer until firm to the touch.

Carefully spread reserved batter over chocolate. Smooth lightly, so darker lines are not disturbed. Place in oven and bake until golden (about 10 minutes). Let cool slightly, then remove from pan. Trim edges to square them off, then cut into 1-inch-wide lengthwise strips. Set aside.

To make genoise: Preheat oven to 350° F. Butter an 8-inch round cake pan and line it with parchment paper or waxed paper. Combine eggs and sugar in the bowl of an electric mixer. Whisk together over simmering water until warm to the touch. Remove and beat with machine until mixture cools (about 10 minutes). Mixture will double in volume. Sift together flour and baking powder. Gently fold dry ingredients into egg mixture, then add vanilla. Fold butter into batter and pour into prepared pan.

Bake 10 to 15 minutes, or until a toothpick inserted in the center comes out clean. Let cake cool for a few minutes, then remove from pan. Let cake cook completely. Using a sharp serrated knife, cut browned outside surface from the top, bottom, and sides of cake. Carefully split cake horizontally into 3 layers. Set aside.

To make chocolate Bavarian cream: In the top of a double boiler over simmering water, melt chocolate. Place water in a cup and sprinkle gelatin over. Let sit 2 minutes. In a small saucepan, combine crème anglaise and gelatin mixture and heat over low heat until gelatin dissolves. Stir crème anglaise mixture into melted chocolate. Let cool to lukewarm. In a deep bowl, whip cream until stiff peaks form, then fold it into the chocolate. Let sit until ready to use.

To make ganache: In the top of a double boiler over simmering water,

Sometimes,
just like with
anything else,
there are
revisions.

melt chocolate. In a small saucepan, bring cream to a boil over medium heat. Stir warm cream into chocolate, being careful not to beat air into the mixture. Reserve 1 cup for the top for the torte and keep warm. Refrigerate remaining ganache.

To make chocolate-rum truffles: In the top of a double boiler over simmering water, melt 9 ounces of the chocolate. In a small saucepan, combine cream, butter and sugar and heat over low heat until butter and sugar are melted. Pour cream mixture into chocolate and stir until mixed. Let cool slightly, then stir in rum. Refrigerate until firm.

Line a baking sheet with waxed paper. In the top of a double boiler over simmering water, melt remaining 6 ounces of chocolate. Place cocoa in a pie tin. Roll chilled truffle mixture into 1-inch balls and place them on prepared baking sheet. You will have 24 to 30 truffles. Refrigerate again for a few minutes. Dip each ball into the melted chocolate to coat, then drop ball into cocoa and coat it by shaking the container. Transfer to prepared baking sheet and repeat until all balls are coated. Refrigerate until needed.

To prepare mocha butter cream: In a small saucepan, combine water and sugar and cook over medium heat until syrup is light golden and registers 242° F on a candy thermometer or reaches the soft ball stage: a small amount

dropped into cold water forms a soft and pliable ball. Let cool slightly.

Place egg yolks in bowl of an electric mixer and begin to beat at high speed. Gradually add sugar syrup and continue to beat until mixture cools. Gradually add butter, beating after each addition and stopping occasionally to scrape down the sides of the bowl. Add coffee extract or espresso.

To assemble cake: Line a baking sheet with parchment paper or waxed paper. Place an 8-inch stainless steel ring that is 3 inches deep or so on the prepared pan. Place 1 layer of genoise in the bottom of the ring. Line sides of ring with bisquit decor, placing it in the ring with the chocolate-striped side facing the sides. Be sure to press sections together tightly. Brush sides and bottom generously with rum syrup.

Whip chilled ganache in an electric mixer until creamy, then place in a pastry bag fitted with a plain tip. Spread a layer of chocolate Bavarian cream over genoise. Pipe a layer of ganache on top of cream. Add a second layer of genoise and gently press down to bond. Brush genoise with rum syrup, then repeat layers of chocolate Bavarian cream and ganache. Place last layer of genoise on top and again press down gently. Brush top with rum syrup and place cake in freezer until firm.

Remove cake from freezer and wrap a hot towel around the ring for a few seconds to help unmold it. Invert cake onto the center of a cardboard cake round (preferably gold). Remove ring. Spread a thin layer of buttercream over the top to seal porous pastry. Smooth with a wet knife, removing excess. Chill again until buttercream is firm.

In a small heavy pan, warm jam over low heat. Push jam through a fine-meshed sieve with back of a large spoon. Using a pastry brush, coat sides of torte with apricot glaze to seal sponge. This will retain moisture and give a beautiful sheen. Remove any excess glaze from around the edge of

the torte.

Reserved unrefrigerated ganache should now be warm enough to spread, but not so warm that it will melt the buttercream. Ladle ganache onto center of the top of the cake and smooth outward without going over edge onto the sides. It should just cover the top. Wipe off any drips from the sides. While ganache is still warm, space 10 truffles around outer edge of the top. Refrigerate again.

To serve: Use a warmed knife to cut cake. Be sure to clean off knife after each cut to assure attractive servings. Place 1 wedge on each dessert plate. Ladle 2 tablespoons of crème anglaise alongside each portion. Dot cream in 5 or 6 places with raspberry sauce and use point of a knife to pull downwards through each dot, making hearts. Brush strawberries with apricot glaze and garnish plates with strawberries and raspberries.

Chocolate Valencia

Makes 1 cake

Chocolate bavarian is layered between vanilla genoise with orange liqueur syrup. The torte is wrapped in a laminated orange roulade and shimmers with orange jelly on top. Puffs of whipped cream and tri-colored chocolate lattice garnishes complete presentation.

Roulade

- 12 egg yolks
- 1 cup minus 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1½ cups cake flour, sifted
- 8 egg whites
- ¼ cup sugar
- 2 cups orange marmalade

Genoise

- 3 whole eggs
- ¼ cup sugar, heaping
- ¼ cup plus 2 tablespoons cake flour, sifted
- ½ teaspoon baking powder
- 1 tablespoon unsalted butter
- 1 teaspoon vanilla extract

Anglaise

- 2 cups milk
- 1 cup minus 1 tablespoon sugar
- 6 egg yolks
- 1 teaspoon vanilla extract

Chocolate Bavarian

- 12 ounces bittersweet chocolate, chopped
- 1 packet unflavored gelatin
- ¼ cup cool water
- 1 cup Crème Anglaise (above)
- 3 cups heavy (whipping) cream, beaten to firm peaks

Tri-colored Chocolate Garnish

- 4 ounces dark bittersweet chocolate, chopped
- 4 ounces milk chocolate, chopped
- 4 ounces white chocolate, chopped

Orange Liqueur Syrup

- 2 cups water
- 4 ounces sugar
- 1 tablespoon orange liqueur

For assembly

- Softened butter to grease the pan
Confectioner's sugar for dusting
- 2 cups orange marmalade

Garnish

- 1 cup heavy (whipping) cream, beaten to firm peaks
- Sections (supremes) from 3 oranges, membrane removed (optional)
- 12 mint sprigs (optional)

To make roulade: Preheat oven to 400° F. Lightly grease three ½-inch-deep sheet pans and line with parchment paper. Lightly butter paper. In the bowl of a mixer, beat egg yolks and sugar on high speed until sugar is melted and mixture is pale yellow. Add vanilla. Fold in cake flour. In a clean bowl, with clean beaters, whip egg whites until foamy. Slowly add sugar, continuing to beat whites on high speed until they form firm, glossy peaks. Fold a large spoonful of egg whites into flour mixture to lighten, then gently fold in remaining egg whites. Spread batter on prepared pans. Bake until tops are golden brown

and spring back when lightly touched (10 to 12 minutes). Remove and cool enough to handle; turn out onto wire racks and cool completely.

Warm marmalade over low heat until liquified; strain through a fine-meshed sieve. Cut each sheet of cake into thirds lengthwise. Lay one strip on a parchment-lined sheet pan and spread with a layer of strained marmalade. Top with a second strip. Repeat process to laminate all strips with marmalade, pressing down slightly on each layer to form a firm bond between layers. Cover with foil and freeze overnight.

To make genoise: Preheat the oven to 350° F. Lightly butter a 9-inch cake pan, line with parchment paper, and lightly butter parchment. Place eggs and sugar in the top of a double boiler over barely simmering water; do not let bottom of pan touch water. Whisk eggs and sugar together until mixture is warm to the touch. Remove from heat and beat on medium speed until cooled (about 10 minutes). Sift flour and baking powder together and gently fold into egg mixture. Melt butter and let it cool, then fold into the batter. Fold in vanilla extract. Pour batter into prepared pan and bake until cake is golden brown and top springs back when touched (about 25 minutes). Remove and cool enough to handle; turn out onto a wire rack and cool completely.

To make anglaise: Bring milk and sugar to a boil over medium-high heat. Put egg yolks in a heatproof bowl and whisk slightly to break them up. Slowly pour a large spoonful of hot milk mixture into yolks, whisking briskly as you pour, to temper eggs. Reduce heat to medium and replace milk mixture over the heat. Whisking, pour tempered egg yolks into milk. Cook until mixture thickens and coats the spoon. Remove from heat, stir in vanilla, and let cool slightly. Place plastic wrap over the surface and refrigerate until ready to use.

To make bavarian: Place chocolate in the top of a double boiler over barely simmering water; do not let bottom of pan touch water. When softened, remove pan from heat and stir

chocolate with a spatula until smooth. Stir gelatin powder into water and let stand 3 minutes. In the top of a double boiler over simmering water, warm anglaise until it liquifies. Add softened gelatin, let stand 1 minute, then stir until combined. Fold mixture into chocolate. Put chocolate mixture in a large bowl. Fold a large spoonful of whipped cream into chocolate mixture to lighten it, then gently fold in remaining cream in two additions. Cover with plastic wrap and chill in refrigerator at least 1 hour, or overnight.

To make chocolate garnish: Spread a clean heavy plastic sheet over a sheet pan. Separately grate 2 tablespoons of each chocolate and set aside. Place dark chocolate in the top of a double boiler over barely simmering water; do not let bottom of pan touch water. When softened, stir gently with a spatula until the chocolate is smooth. Heat the chocolate to 110° F. Do not let any water come in contact with chocolate; do not let temperature go above 115° F. Remove pan from hot water bath. Stir in grated dark chocolate, a spoonful at a time, to cool chocolate to 90° F. Set pan on a heating pad and set on low to maintain the temperature at 90° F. Repeat separately with milk chocolate (and its matching grated chocolate) and white chocolate (and its matching grated chocolate), cooling these chocolates to 86° F. Roll parchment paper into three 4-inch tall cones. Fill one with dark chocolate and snip a tiny hole in the tip. Drizzle dark chocolate over plastic in a lattice design. Repeat with each of the other chocolates, building up a three-colored lattice. Chill in the freezer at least 2 hours, or overnight.

To make syrup: Combine water and sugar and bring to a boil over medium heat; boil for 1 minute. Remove from heat and let cool. Stir in orange liqueur. Store in a jar with a lid until ready to use.

To assemble: Remove roulade from freezer and cut vertically into ½-inch thick slices. Lightly butter a 10-inch springform pan and dust with confectioner's sugar. Fit slices of laminated roulade around

Great Chefs Résumé

Richard Rivera

as taped at Ambrosia
Euro-American patisserie
Barrington, IL

Richard Rivera, who runs Ambrosia Euro-American Patisserie in a suburb of Chicago, trained under French, German and Swiss pastry masters during a trip through hotel kitchens in Illinois, Tennessee and Texas, an experience best described as "mixed."

"European chefs are generals," he recalled. "They think that to brutalize is the best way to learn." He ponders a moment. "But they're the best."

Rivera glances about his kitchen at the pastry cooks working for him and explains his own teaching methods, clearly derived from the European. "These guys are really maturing as chefs," he offers. "But I like to throw them something else they don't know."

Rivera came to pastry-making by way of several other art forms. After growing up with a baker for a father, he attended Elgin Community College for a couple of years, studying sculpture and ceramics. When his efforts earned him acceptance to the Art Institute of Chicago, reality quickly set in. Student loans and day-to-day expenses had to be met, somehow.

"I really found a happy medium," he says. "I can be creative on a daily basis, working with food as my medium."


That is just what Rivera did, through a string of hotel jobs over about ten years: the Hyatt Regency in Schaumburg, Illinois; the Westin Vanderbilt Plaza in Nashville; the Remington in Houston, and the Charles in Cambridge, Massachusetts.

Finally, though, he yielded to his desire to go back to Chicago. With his wife Debbie working the front of the shop and himself overseeing the kitchen, Rivera opened Ambrosia in 1989. The place has been going strong since.



edge of pan with stripes running vertically. Slice genoise into three thin layers horizontally with a serrated knife; dust off crumbs. Place one layer of genoise in bottom of springform pan, inside laminated roulade. Sprinkle genoise with orange liqueur syrup. Pipe or spoon half of the chocolate Bavarian over genoise. Top with second layer of genoise and press down lightly. Sprinkle with syrup. Pipe or spoon remaining Bavarian over layer. Top with final layer of genoise. Press down gently. Sprinkle with syrup. You should have only about ¼-inch of laminated roulade standing up above the top of the last layer of genoise. Warm marmalade over low heat until liquified; strain through a fine-meshed sieve. Spread warm marmalade over top of cake to fill to top

of roulade. Chill in refrigerator until marmalade is set. Cover loosely with plastic wrap and freeze overnight.

To serve: Remove cake from freezer. Take out of springform pan and place on a cake plate or disk of foil-covered cardboard. Let stand 30 minutes to thaw. Put whipped cream in a pastry bag fitted with a medium fluted tip and pipe 12 rosettes of cream around perimeter of cake. Break tri-colored chocolate garnish into small pieces and lean one against the right side of each cream rosette. When ready to slice, cut with a serrated knife dipped in hot water and dried between each slice. The cake slices may be garnished on the plate with the remaining Crème Anglaise, fresh orange slices and mint sprigs. 



Alsatian Sour Cream Coffee Cake

and they said, let's eat cake

from early childhood
memories, cake will always
help highlight various
joyous occasions

By Deborah Byrd

Oh yes, let's eat cake. Think of any celebration and it's likely a cake will appear, presented with ceremony simple or elaborate. Birthdays, baby showers, anniversaries, retirements, bridal showers and, of course, weddings—there must be cake.

And for big parties, we want big, wonderful cakes with big, wonderful flavors.

So it's no wonder that the staff at Maurice French Pastry in Metairie, La., is frequently busy working on someone's order for a Chocolate Grand Marnier Cake like the one shown on page 29. (See *Chocolate Madness* story on page 26.) It's the shop's signature cake, and especially sought after as a groom's cake, said owner Jean-Luc Albin. In fact, that's what they call it in the bakery.

"It is the cake that people come to

order," he said, despite the fact it's his most expensive: \$46 for an 8-inch cake. But what a cake: deep, rich chocolate layers, sprinkled with Grand Marnier, spread with strawberry preserves, filled and iced with creamy chocolate ganache, then topped with chocolate shavings. And—as though to prove you can never have too much of a good thing—it's further garnished with strawberries, coated in chocolate.

It's also often ordered as a wedding cake, Albin said, "especially for second or third weddings..."

A distinguished and special chocolate cake, yes, and yet something a home baker could do. "It's not difficult at all," Albin said.

Since chocolate takes center stage with this cake, it must be high-quality, bittersweet chocolate, he said. "Higher quality is all in the flavor, in the taste, how smooth it's going to be on your palate. Cheaper chocolate is like a bar of soap, like the kind of chocolate you see at a mall. It's made to look good, to sell to the kids, but there's nothing great about that chocolate."

Some of the brands he likes are: Ghirardelli, Callebaut and Valrhona.

The heart of the Maurice menu is traditional European pastry, from napoleons and eclairs to rum babas, but Albin also enjoys creating new items.

"I'll sit down, have a cup of coffee, see what's going on," he said. "I'll look at the menu and think, 'We don't have lemon ... it's popular ...'"

That's how he came up with another creation, perfect for cooling off a warm New Orleans afternoon. Called Citron,

it's made with four layers of yellow sponge cake and lemon curd, iced with French buttercream and garnished with tiny marzipan lemons.

"The cake is wonderful and refreshing, because we serve it straight from the cooler."

Oh, and about that Grand Marnier cake: If you're a fan of white chocolate, Maurice French Pastry can turn it into a white-chocolate version, with white almond cake filled with white ganache, and white-chocolate shavings on top.

"That would be like a bridal cake," he said.

White chocolate plays a large role in a very popular dessert a bit farther north, at L'Auberge Provençal in White Post, Va., where Albert Leach is head chef.

In this dessert, fluffy white chocolate mousse sits atop a layer of semisweet chocolate cake and, in turn, is topped with a semisweet chocolate glaze. It's presented with Frangelico cream and shards of hazelnut praline.

"The bottom layer's like a thin brownie," said Barbara Ashwood, the restaurant's pastry chef. One essential piece of equipment to hold mousse and cake together while it chills is a springform pan, the sides of which are released once the mousse has set.

She suggests ways to vary the recipe shown here. One can apply the chocolate glaze in a spiral on top, then draw lines with a toothpick from center to edges to form a spiderweb effect. The praline can be sprinkled over the top as in the recipes here, or pressed into the cake's sides once it's released from the pan, Ashwood said.

"I've never seen anyone refuse it," ►

said Leach. For spring and summer, the cake might be garnished with berry coulis. And diners are likely to find it sharing the menu with other desserts in keeping with this restaurant's country-elegant and "French provincial forever" spirit.

"We like to give them things they're not likely to find somewhere else," said Leach. "Lavender-poppyseed pound cake or rose-petal ice-cream. We're big with herbs in our flavors."

Menus generally start in southern France but can take side trips to the Middle East for complementary flavors. Guests can expect to find the subtle, unexpected tastes: orange blossoms, herbal essences and special honeys.

The restaurant's own organic garden and orchard provide plenty of inspiration as well, Leach said. During the summer it can provide up to half the kitchen's vegetables, from salad greens to baby zucchini, beets, radishes and more. More than 50 trees in the orchard supply cherries, peaches, apples, quinces, figs, apricots, plums and pears. Food fads have little to do with which varieties they plant and use. "We try to find ones

where the fruit is very good," said Leach. "We're not so trendy. We're tastegoody."

White Chocolate Mousse Cake with Frangelico Cream and Hazelnut Praline

Makes one 9-inch cake

Chocolate cake is covered with white chocolate mousse topped with dark chocolate glaze. The slices of cake are served with Frangelico cream and shards of hazelnut praline.

Hazelnut Praline

- ½ cup sugar
- ½ cup water
- 1 cup hazelnuts, toasted, dark skins removed

Chocolate Cake Layer

- 2 ounces semisweet chocolate, chopped
- ¾ cup sifted cake flour
- ¾ teaspoon baking powder
- ¾ cup plus 1 tablespoon unsalted butter
- ¾ cup brown sugar, firmly packed
- ¾ cup sugar

- 1 egg
- ⅓ cup plus 1 tablespoon milk

White Chocolate Mousse

- 2½ cups heavy (whipping) cream
- 3 teaspoons unflavored gelatin (1 packet)
- 6 tablespoons water
- 8 ounce white chocolate, chopped
- 6 tablespoons unsalted butter, at room temperature
- 4 eggs, separated
- 4 tablespoons sugar

Dark Chocolate Glaze

- 4 ounces semisweet chocolate, chopped
- 2 tablespoons unsalted butter
- 2 tablespoons water

Frangelico Cream

- 1 cup milk
- ⅓ cup heavy (whipping) cream
- 5 egg yolks
- ⅓ cup sugar
- 2 tablespoons Frangelico liqueur

To make praline: cover a work surface with waxed paper. Bring water and sugar to a boil over medium-high heat. Continue boiling without stirring until it turns a medium brown color, 238° F on a candy thermometer. Remove from heat and stir in hazelnuts. Spread praline over waxed paper and let cool. Break into small pieces, then grind to small bits in a food processor.

To make cake: Preheat oven to 350° F. Butter one 9-inch layer pan. Line bottom of pan with parchment paper and butter the paper. Flour the pan and paper; tap out excess flour.

Melt chocolate in a double boiler over barely simmering water. Stir until smooth. Remove from heat; cool to room temperature.

Sift flour and baking powder into medium mixing bowl. Cream butter in mixing bowl. Add sugars and beat on high speed until smooth and fluffy. Add egg and mix thoroughly. Beat in melted chocolate on medium speed. Using lowest speed, blend in ¼ flour mixture and ⅓ milk. Repeat with remaining flour

White Chocolate Mousse Cake with Frangelico Cream and Hazelnut Praline



and milk, dividing into two additions. Continue beating until batter is well mixed. Pour into pan and spread evenly. Bake 25 minutes or until cake tester comes out clean. Cool in pan 5 minutes. Invert onto cake rack. Carefully remove paper; cool cake completely. Oil inner side of 9 x 3 springform pan. Put cake layer in springform pan.

To make mousse, chill large mixing bowl and beater for whipped cream. Refrigerate 2 cups of cream. Sprinkle gelatin over water in a small cup; let stand 5 minutes while doing chocolate mixture. Combine white chocolate and remaining ½ cup cream in a double boiler or in a heat-proof bowl over hot but not simmering, water over low heat. Stir occasionally when partially melted; do not let any water splash into the chocolate. When melted, remove from pan of water and whisk until smooth. Whisk in butter.

Set cup of gelatin in a shallow pan of hot water over low heat and melt, stirring often (about 3 minutes). Stir into chocolate mixture. Add egg yolks one at a time, stirring vigorously after each addition.

In a dry bowl, beat egg whites using dry beaters at medium speed until soft peaks form. Gradually beat in sugar and continue beating until whites are stiff and shiny but not dry. Fold ¼ of whites into chocolate mixture. Return mixture to egg whites and fold gently until blended. Whip cream in chilled bowl until nearly stiff. Fold cream into chocolate mixture, blending thoroughly. Pour white chocolate mousse into prepared pan. Smooth top and refrigerate about 4 hours, or until set.

To make dark chocolate glaze: Combine dark chocolate, butter and water in a double boiler over barely simmering water. Let melt; stir until smooth. Remove from pan; let cool to room temperature. It will thicken.

Pour dark chocolate glaze over center of chilled mousse and spread to cover. Just before chocolate hardens, pre-cut slices just through the chocolate layer.

To make Frangelico cream: Bring

milk and cream to a boil over medium heat. Remove from heat. Beat egg yolks and sugar together in a mixing bowl until light in color. Slowly pour in heated milk and cream, beating to blend. Transfer mixture back to saucepan and cook over medium heat, stirring constantly, until mixture thickens and coats the back of a spoon. Remove from stove and strain through a fine-meshed sieve. Let cool. Stir in Frangelico.

To serve: Release chocolate mousse cake from springform pan and put on a cake plate. Cut into slices. Spoon Frangelico Cream onto serving plates. Place a slice of chocolate mousse cake over the sauce. Top with a sprinkling of coarsely ground hazelnut praline.

Recipe provided by Chef Albert Leach, L'Auberge Provençal, White Post, VA

Alsatian Sour Cream Coffee Cake

Serves 8 to 10

The recipe for this traditional sour cream coffee cake, made with blueberries and almonds, can be varied by chocolate chips, raisins, dried fruit or cranberries and grated orange zest.

- ¾ cup (1½ sticks) plus 2 tablespoons unsalted butter at room temperature
- 2½ cups granulated sugar
- 3 eggs
- 1 teaspoon vanilla extract
- Pinch of salt
- 1 teaspoon baking powder
- 2 cups of cake flour
- 1 cup (8 ounces) sour cream
- 2 tablespoons kirsch
- 1 cup fresh blueberries
- ¾ cup (3 ounces) sliced blanched almonds, lightly toasted
- ½ cup packed brown sugar
- Sifted confectioners' sugar for dusting

Preheat oven to 325° F. Spray a 10-inch bundt pan or angel food cake pan with vegetable oil spray. Using an electric mixer, cream together butter and granulated sugar. When mixture is

Great Chefs Résumé

Albert Leach

as taped at L'Auberge Provençal White Post, VA



A native New Englander, Albert Leach trained at the New England Culinary Institute in Montpelier, Vermont.

Leach began his career at the Parker Maple Barn in Mason, New Hampshire, first in food management, then in the kitchen as a line cook. He moved on to work under Gerhart Schmidt, a member of the American Culinary Team which won five gold medals in 1979, at a Berkshire ski resort. Here, he started working with pastry.

In 1980, Leach moved to California as a lecturer for the American Restaurant Association, then went to work as executive chef for the Cafe Laguna.

Feeling the pull of his roots, he moved back to New England in 1983 to work at the Swan Court Restaurant at the Mill River Hotel. In 1987 he became sous chef under executive chef Alain Borel at L'Auberge Provençal in White Post, Virginia. Trained by Chef Borel in all facets of the kitchen operation at the AAA four diamond French restaurant, he has remained at this exquisite French country inn run by Borel and his wife Celeste.

smooth, beat in eggs, one at a time. Add vanilla and salt. Mix baking powder and flour together, then add to the bowl. Stop mixer and scrape down the sides. Continue to mix, adding sour cream and kirsch.

Remove bowl from mixer and fold in blueberries. Spoon batter into pan and smooth top. Sprinkle almonds over top and press brown sugar through a sieve with the back of a spoon to cover the top of the cake evenly. Bake 1½ hours or until a toothpick inserted in the center comes out dry.

To serve: Unmold cake onto a serving platter and generously dust top with confectioners' sugar. Cut into wedges.

Recipe provided by Chef Jean-Luc Albin, Maurice French Pastries, New Orleans, LA.

Ice Creams, Sorbets & Other Cold Treats

Coffee Bar Desserts

By Jim Tarantino

Usually coffee and tea follow desserts, but with these recipes you can have your coffee and tea and eat desserts too.

There has been an ongoing relationship between chocolate and coffee. First, they live together in the same geo-climate. Countries that grow coffee beans tend to grow cocoa beans as well. They both go through drying and roasting processes, and the product of these two types of beans can be positively habit forming. But when coffee and chocolate combine, they form a third flavor. Two of these frozen desserts, the Kona Coffee Ice Cream Sandwich and the Coffee-Butterfinger Crunch Ice Cream play off this. These recipes are inner child guilty pleasures. That is, these are things we liked as a kids and see no reason to get over them, no matter how long it takes us to work it off in the gym.

Now, in contrast to the two ice creams, the Earl Grey Sorbet with Fresh Berries can work as a palate cleanser or a dessert ice. The recipe is an infusion sorbet. Basically the water portion in the sugar syrup is increased and the syrup can be infused with teas and dried or fresh herbs. It's a lighter

style of ice because of the reduction of sugar and the absences of a fruit purée or liquors.

One of the primary ingredients in both ice cream and sorbet, which is not listed below, is air. Now don't start looking for mail order sources, because it has a problem traveling well, although there are places where I wish I could bottle it and take it with me. Incorporating air into ice cream, called overrun, keeps the recipe from turning into a dense frozen slab of flavored cream. The same holds true for sorbets. With an electric ice cream machine or a hand-cranked model, the folding motion of the dasher incorporates air while the mixture freezes. It produces an edible texture. Below is a way of making ices without a crank and a churn. You may have a bit of ice crystals when finished, but it works flavor-wise.

Making Ice Cream and Sorbets Without a Machine

While there are a number of inexpensive ice cream machines on the market, it is possible to make ice creams and sorbets without any sort of ice cream machine. Here are two methods: ►

To finish a meal packed with various flavors, try a crisp, cool taste of sorbets and ice-creams for dessert.



Kona Coffee Ice Cream Sandwich



Blackberry Tart

While there are a number of inexpensive ice cream machines on the market, it is possible to make ice-creams and sorbets without any sort of ice cream machine.

Food Processor Method: Freeze mixture in ice cube trays for 45 minutes to 1 hour, or until the cubes are almost frozen. Empty the ice cube trays into a blender or food processor and process, using on-and-off pulsing motions, until the mixture is smooth. Put back into the ice cube trays and freeze for another 30 minutes. Process again and scrape the ice cream into a plastic container or mixing bowl. Freeze again until solid. When you are ready to serve, let stand at room temperature for several minutes to soften slightly.

Electric Mixer Method: Freeze the mixture in a mixing bowl until the outer 2 to 3 inches are frozen. Remove from the freezer and beat with an electric mixer until smooth. Repeat 2 more times, then allow to freeze completely. When you are ready to serve, let stand at room temperature for several minutes to soften slightly.

Kona Coffee Ice Cream Sandwich

Serves 12

Chocolate genoise sandwiches with homemade Kona coffee ice cream. These rich wedges are simply served with a drizzle of chocolate syrup and a dusting of cocoa. The wonderful thing is that it can be made ahead and kept frozen until ready to serve.

Kona Coffee Ice Cream

- ¼ cup coarsely ground Kona coffee
- 1 cup half-and-half
- 2 cups heavy (whipping) cream
- 6 egg yolks
- 1 cup sugar
- 1 teaspoon vanilla extract

Great Chefs Résumé

Anne Quatrano

*as taped at
Bacchanalia
Atlanta, GA*



Anne Quatrano graduated from the University of Vermont, her home state, and headed west to study at the California Culinary Academy in San Francisco. She apprenticed with Judy Rogers at the Zuni

Cafe in San Francisco, then moved back east to work as a line cook at 21 Federal, in Nantucket. From there she headed to Bimini Twist, then La Petite Ferme, then Grolier Restaurant, all in New York City. In 1991 she made another move, to Conrad's Bar & Grill in Huntington, New York, where she was working when the James Beard Foundation voted her "Discovery Chef of the Year" in 1991. In 1993, she moved on to Bacchanalia in Atlanta, operating the restaurant with her husband Clifford Harrison. They call their style "New American," and use a lot of the organically-grown produce from their own farm at their restaurant.

Place coffee, sugar, cream and half-and-half in a heavy saucepan and bring to a rolling boil. Remove from heat. Lightly whisk egg yolks in a large bowl to break up eggs. Whisk in a large spoonful of hot coffee mixture to temper eggs. Slowly pour eggs into coffee mixture, whisking gently to blend. Add vanilla. Strain through a fine-meshed sieve and refrigerate. Freeze chilled mixture in

an ice cream maker according to manufacturer's directions. Transfer ice cream from machine to a 2-inch-deep small, rectangular pan, cover with plastic wrap, cap tightly with foil and freeze until ice cream sets (about 4-6 hours).

Chocolate Genoise

- 1 pound unsalted butter
- 1 pound bittersweet chocolate, chopped
- 10 egg yolks
- 2 whole eggs
- 4 tablespoons flour
- 2 cups sugar
- 16 egg whites

Preheat oven to 350° F. Line a greased baking sheet with parchment paper and lightly grease paper. In the top of a double boiler over barely simmering water, melt butter and chocolate together. Remove from heat. In a medium bowl, beat egg yolks, eggs and 1-cup sugar on high speed until thickened and doubled in volume. Fold in flour. In a separate bowl, beat egg whites and remaining 1 cup sugar until stiff peaks form. Fold chocolate into egg yolk mixture. Fold a large spoonful of egg whites into chocolate-egg yolk mixture to lighten it, then gently fold in remaining egg whites. Bake 15 to 20 minutes, until center springs back slightly when touched. Remove from oven and cool for 10 minutes, then turn out of pan and cool completely on a rack.

Chocolate Sauce

- 1 pound bittersweet chocolate, chopped
- 1 cup heavy (whipping) cream
- ½ teaspoon vanilla

Combine all ingredients in the top of a double boiler over barely simmering water and whisk gently until melted and combined

To assemble: Cut cooled genoise horizontally into two pieces the size of the ice cream pan. Place on parchment paper and freeze 30 minutes to 1 hour. Remove from freezer ►

Great Chefs Résumé

Paul Milne

as taped at
208 Talbot
St. Michaels, MD

In a town known for its crab houses, finding "casual gourmet dining," as co-owners Paul Milne and Candy Chiaruttini term the fare at 208 Talbot, is a treat. One critic said that the credo at the restaurant, which opened in 1990, should be "nouvelle cuisine in ample portions." Named for its street address, the restaurant continues to attract locals and weekend visitors in the small seaside town of St. Michaels on the Chesapeake Bay.

After attending the University of Maryland Business School for three years, Milne decided that cooking was his true passion, so he enrolled in the Culinary Institute of America where he graduated first in his class.

He combined his culinary and business experience as chef-partner of kings Contrivance Restaurant, a two-hundred-seat establishment between Washington, D.C., and Baltimore. After six years of managing twenty-five cooks and serving as many as 750 dinners on holidays, Milne bought his own intimate

restaurant on the eastern shore of Maryland.

The "casual gourmet" atmosphere of 208 Talbot appeals to Milne's patrons, a number of whom are boaters who dock at one of the several marinas in the historic town. "Also, a lot of the homes in St. Michaels are weekend homes for people who come from Philadelphia, New York, and Washington," says Milne. "After a week in the city, they do not want to wear a tie to dinner."

During the waterfowl season, hunters

who travel to the Eastern Shore from all over the United States will often bring their ducks and geese to Milne to be prepared for the evening dinner crowds. For all diners, 208 Talbot's commitment to fresh ingredients is reflected in Milne's signature dishes like Oysters in Champagne Sauce. The restaurant also makes all of its ice-creams



and is known for such concoctions as Coffee-Butterfinger Crunch ice-cream.

For Milne, running a restaurant means long hours but big rewards. "Being a chef is something I have always enjoyed. It is a profession where the fruits of one's labors are experienced on a daily basis," he says.

and place one piece on parchment paper. Top with ice cream, and place other layer of cake on top. Press gently together. Using a sharp knife dipped in hot water after every cut, trim to square up edges. Cover with plastic wrap and refreeze at least 20 minutes.

Cut ice cream cake into squares, then cut each square in half diagonally to form wedges. Place two pieces on each serving plate. Dust plates and slices with cocoa powder. Put chocolate sauce in a squeeze bottle and drizzle over ice cream sandwich slices and plates.

Recipe provided by Anne Quatrano, *Baccanalia, Atlanta, GA.*

Coffee-Butterfinger Crunch Ice Cream

The ingenious part of this easy-to-make ice cream is the texture and flavor added by the candy bars. Any crunchy candy may be used in place of Butterfingers, or you may adapt the concept to your favorite flavor combinations. The ice cream may be made up to two days in advance and kept frozen. Let sit at room temperature for 30 minutes before serving.

Coffee-Butterfinger Crunch Ice Cream

2 cups half-and-half

- 2 cups heavy (whipping) cream
- 8 egg yolks
- $\frac{1}{2}$ cup sugar
- 1 tablespoon instant coffee powder, mixed with 2 tablespoons hot water
- 8 ounces Butterfinger candy bars, coarsely chopped

Place half-and-half and cream in a heavy, medium saucepan. Bring mixture to a boil over medium heat, stirring occasionally to make sure it does not boil over.

In a medium bowl, beat egg yolks and sugar until mixture is fluffy and pale in color. Add $\frac{1}{4}$ cream mixture to eggs, then pour egg mixture back into the saucepan. Whisk dissolved instant coffee into mixture in the pan.

When coffee and chocolate combine, they form a third flavor.

Place pan over low heat and stir constantly with a wooden spoon until mixture thickens so a line drawn on the back of the spoon does not fill in. Be careful not to let custard boil, or egg yolks will curdle. Strain mixture through a fine-meshed sieve and cool in a bowl set over ice cubes.

Freeze mixture in an ice cream machine according to manufacturer's directions. When mixture is almost frozen, stir in chopped candy pieces. Continue to freeze until hard.

Recipe provided by Chef Paul Milne.

Earl Grey Sorbet with Fresh Berries

Serves 8

Earl Grey tea, scented with oil of bergamot, makes a subtle and refreshing sorbet to serve with



Coffee-Butterfinger Crunch Ice Cream



Earl Grey Sorbet with Fresh Berries



sugar-coated fresh berries. This is a wonderful way to serve seasonal.

Earl Grey Sorbet

- 3¾ cups water
- 1½ cups sugar
- 6 Earl Grey tea bags
- Juice of 1 lemon


Garnish

- 4 cups fresh strawberries
- 4 cups fresh blackberries
- 4 cups fresh blueberries
- 8 fresh grape leaves, rinsed (optional)
- Sifted confectioners' sugar for dusting

In a large saucepan, combine water and sugar and heat over a high heat and boil until sugar has dissolved. Remove from heat and add tea bags. Let steep at room temperature for 30 minutes, then remove tea bags and refrigerate syrup until it is well chilled, 1 hour or more. Add lemon juice and freeze in ice cream maker according to the manufacturer's directions. When sorbet is frozen, remove it from ice cream maker and place in an airtight container in the freezer to set for at least 1 hour or up to 24 hours before serving.

To prepare garnish: Cut strawberries into flowers by cutting off stem end of each berry to form a flat surface. Stand berries up on the cut end and use a paring knife to cut petals by making small cuts down through the sides of the berries, almost to the base, first around the lower portion, then around the next higher portion, leaving a standing center. Or, berries may be cut in parallel slices from tip toward the stem end and fanned out.

To serve: Place a row of strawberries down the center of each dessert plate. Arrange a row of blackberries and blueberries on either side of the strawberries. Place 1 grape leaf on the edge of each plate and add 2 small scoops of the sorbet. Dust confectioners' sugar over berries and plates and serve immediately.

Recipe provided by Chef Kaspar Donier. 

Great Chefs Résumé

Kaspar Donier

*as taped at Kaspar's
Seattle, WA*

Swiss-born and Swiss-trained chef Kaspar Donier first saw the city that would be the home of his future restaurant while he was living just across the border in Canada. After his arrival in North America in 1976, Donier worked at a series of jobs in Vancouver. When the timing felt right to open his own place, he knew he wanted to go to Seattle.



Donier and his wife Nancy have operated Kaspar's since May 1989, moving along the way from their original location to a spot at the heart of Seattle Center, near the opera, the symphony, and the Coliseum. The chef has developed what he calls contemporary Pacific Northwest cuisine, blending the region's passion for the freshest seafood and produce with flavors from France, Asia, and the Southwest.

The chef-owner has received considerable recognition for his cooking, and is considered a standout among Pacific Northwest chefs. In addition to a scrapbook of "bests" from local media, Donier's handiwork has been featured in such diverse publications as Gourmet, USA Today, Money and The New York Times. National radio and television have also discovered him, including TV's Frugal Gourmet.



Passion Fruit Mousse in a Tuile Cone with Strawberry and Mango Coulis

By Kate Heyhoe

If you were to judge most tropical fruits by their covers, you'd likely starve in paradise—they simply don't look appetizing. But inside their bumpy, hairy, prickly or just plain ugly skins, tropical fruits can be vividly colorful, juicy, sweet, tangy and succulent.

Passion Fruit is a perfect "beauty-is-on-the-inside" example. Instead of becoming more attractive as it ripens, the egg-shaped passion fruit looks distinctly uninviting. As Florida Chef Norman Van Aken describes it, "the ripe fruit looks like a handball that has just had a serious workout on the driveway." Indeed, the dark red to purple skin grows wrinkled and even sags when ripe, while its interior jelly-like pulp and edible seeds turn juicy and sweetly tart, ready to be scooped out with a spoon.

Native to Brazil but also cultivated in Asia and the Pacific, the passion fruit is actually the largest berry in the world; hence its numerous edible seeds. It is sometimes called sweet granadilla, and in Hawaii, "lilikoi." If fresh passion fruit is hard to come by, look for frozen concentrated passion fruit in Asian markets. Frozen juice is suitable in some recipes, but it can be sweeter than fresh and may require using less sugar.

Spanish missionaries so-named the

Tropical

Fruits and Flavors

passion fruit because in its striking purple flowers they saw symbols of Christ's passion. Three central stigmas represent the three nails of the cross, the feathery corona resembled the crown of thorns, and the five anthers depict the five wounds.

Pineapples, a familiar fruit to us now, must have looked quite threatening to Columbus and the Spaniards when they first encountered them. But after these explorers tasted just what that this armored package of spikes and thorny eyes was protecting, they dispatched precious samples back to the homeland. The cultivated pineapple spread to India, Southeast Asia, and to Britain, who introduced it to the Hawaiian Islands around 1790. Today, Hawaii and pineapples are almost synonymous.

Coconuts, another staple of Pacific Island and Asian cooking, carry even more unsightly protection. Before you can get to the tender white flesh (the coconut meat) and sweet liquid (the "water" or juice) of this palm fruit, you have to first crack through a smooth but tough, gray husk, and then remove a dense layer of hairy, brown fibers. Usually this is done before shipping, so what we see in the markets is the familiar oval, brown nut with three eyes, but it too is a hard nut to crack.

Still, breaking into a coconut is well worth the effort. In many cases, chefs go the easier route, letting someone else break the coconut for them, by buying pre-shredded or flaked coconut meat, or canned coconut milk or coconut cream. Don't confuse coconut milk with the liquid heard sloshing around in a fresh coconut—that's the coconut juice. Coconut milk is the liquid squeezed and strained from equal parts coconut meat and water, simmered together. The thicker, richer coconut cream is made the same way, but uses four parts coconut to one part water. This is not the same ingredient though as "cream of coconut," which also comes canned but is sweetened and commonly used in mixed drinks.

Mangoes and papayas aren't quite as challenging as the coconut to break into, but they each have their own peculiarities.

Mangos, for instance, have a tough, leathery peel that can cause rashes on some people's skin, and as with clingstone peaches, their large seed is messy to remove. Literally

hundreds of varieties exist, most fragrant and sweet, but a few taste naturally of turpentine and are to be positively avoided. Ethnic markets sell some of the less common but more luscious mango varieties, which can be very exciting in their range of flavors, colors, sizes and shapes. Some are as small as eggs, others as large as coconuts. Not all mangoes go from green to a reddish blush when ripe; some stay green, yellow or even purple. The best indicators of ripeness are fragrance and a slight yield to gentle pressure. Mangoes will continue to ripen at room temperature, but even unripe mangoes are prized for their tartness and are used in salads, pickles, chutneys and soups. In India, green mangoes are dried to make a sour powder known as amchoor.

As with mangoes, papayas range in type, size and color, and the best indicator of ripeness is a yield to gentle pressure. Weighing from one to 20 pounds, papayas can also be eaten sweet and ripe, or tart and immature. Unlike the mango's single large pit, papayas contain multiple loose black seeds that are edible, often used as a peppery spice. The fruit contains papain, a digestive enzyme that functions as a natural meat tenderizer and is a main ingredient in commercial meat tenderizers. In fact, the papaya's tenderizing enzyme is so effective it

has been used to shrink swollen or pinched disks in back injuries.

Of course, not all tropical fruits look strange or have bizarre properties, and thanks to the creativity of great chefs, diners get an opportunity to sample the more uncommon tropical fruits. And because of specialty produce suppliers like Frieda's in California, some of these exotic gems now make their way from plantations in paradise to upscale markets, where avid cooks can explore at home the complexities of these enticing fruits.

Naseberry and otaheite apples are two such fruits, used as garnishes in Chef Roger Wiles' Chocolate Floating Islands. From tropical America, the naseberry, more commonly known as sapodilla, is redolent with hints of ►

Beauty that's more than skin deep

pears, cinnamon and brown sugar. The stems of this fruit are the source of chicle, used in chewing gum, though the fruit itself bears no resemblance to the gummy latex-like substance.

Native to Southeast Asia, the otaheite apple has its own versatile applications, being made into curries, jams, drinks, wine and desserts when ripe. (Tahiti was once called Otaheiti.) The fruit resembles a vivid green mango, and even tastes somewhat like a mango-flavored apple. When unripe, the same fruit adds a tart, sour element to soups, sauces and stews. Even the leaves are used to steam a pleasant acidity into fish or rice.

No chef in his or her right mind would ever serve the ugliest fruits au naturel, in their rough shells and rumpled skins, but fortunately these fruits' interior delicacies offer chefs a glorious palate of colors and flavors. As the recipes from our world-class chefs show, if you're willing to go beyond skin-deep, these tropical treats can grace any table with unparalleled fragrance, luscious flavors—and incomparable beauty as well.

Five Spoons of Crème Brûlée

Serves 8

The aromatic flavorings of each kind of brûlée must infuse in the cream, so each combination is brought to a very slow simmer before being added separately to egg yolks and sugar. The reward is five exotic flavors and a stunning presentation of a much-loved dessert. Lilikoi is the Hawaiian term for passion fruit; passion fruit purée can be found frozen in many supermarkets.

Kona Mocha Crème Brûlée

- 1½ cups heavy (whipping) cream
- 2 tablespoons moist leftover Kona espresso coffee grounds
- 3 egg yolks
- 2 tablespoons sugar
- 1 teaspoon unsalted butter
- ½ ounce milk chocolate

Thai Crème Brûlée

- 1½ cups heavy (whipping) cream
- 1 lemongrass stalk, white part only, split lengthwise
- 1 2-inch piece fresh ginger, peeled and cut in ¼ inch slices
- 6 Kaffir lime leaves, minced

- 1 Hawaiian or Thai chile, halved and seeded
- 3 egg yolks
- 2 tablespoons sugar
- 1 teaspoon unsalted butter

Mango Crème Brûlée

- 1½ cups heavy (whipping) cream
- ¼ cup sliced mango, puréed
- 1 teaspoon fresh lemon juice
- 3 egg yolks
- 2 tablespoons sugar
- 1 teaspoon unsalted butter

Lilikoi Crème Brûlée

- 1½ cups heavy (whipping) cream
- ¼ cup lilikoi pulp with seeds, or passion fruit juice or purée
- 3 egg yolks
- 2 tablespoons sugar
- 1 teaspoon unsalted butter

Hawaiian Vintage Chocolate Crème Brûlée

- 1½ cups heavy (whipping) cream
- 2 ounces Hawaiian vintage or other good-quality bittersweet chocolate
- 3 egg yolks
- 2 tablespoons sugar
- 1 teaspoon unsalted butter

Garnish

- ½ cup granulated sugar
- 2 ounces chocolate, shaved
- 8 strips crystallized ginger
- 24 lilikoi seeds
- ¼ cup diced raw mango
- 8 coffee beans
- 8 mint sprigs

To make Kona mocha brûlée: In a heavy, medium pan over very low heat, bring cream to a low simmer. Add espresso grounds and simmer for 5 minutes. Remove from heat and strain through 2 layers of cheesecloth into a small bowl, pressing down on espresso with the back of a spoon to extract all flavor.

In a double boiler over simmering water, whisk yolks and sugar together and cook until very thick (about 5 minutes). Place pan in a bowl of ice water, gently stirring egg mixture. Stir



Five Spoons of Crème Brûlée

in infused cream, butter and milk chocolate until chocolate is melted and mixture is blended. Remove from ice bath, place in a small bowl, cover and refrigerate.

To make Thai brûlée: In a heavy, medium pan over very low heat, bring cream to a low simmer. Add lemongrass, ginger, lime leaves and chile. Simmer 15 minutes. Remove from heat and strain through 2 layers of cheesecloth into a small bowl, pressing down on the pulp with the back of a spoon to extract all the liquid.

In a double boiler over simmering water, whisk yolks and sugar together and cook until very thick (about 5 minutes). Place pan in a bowl of ice water, gently stirring egg mixture. Stir in infused cream and butter until blended. Remove from ice bath, place in a small bowl, cover and refrigerate.

To make mango brûlée: In a heavy, medium pan over very low heat, bring cream to a low simmer. Add mango purée and lemon juice and simmer 8 to 10 minutes. Remove from heat and strain through 2 layers of cheesecloth into a small bowl, pressing down on the pulp with the back of a spoon to extract all liquid.

In a double boiler over simmering water, whisk yolks and sugar together and cook until very thick (about 5 minutes). Place pan in a bowl of ice water, gently stirring egg mixture. Stir in infused cream and butter until blended. Remove from ice bath, place in a small bowl, cover and refrigerate.

To make lilikoi brûlée: In a heavy, medium pan over very low heat, bring cream to a low simmer. Add lilikoi pulp and seeds, juice, or purée and simmer 8 to 10 minutes. Remove from heat and strain through 2 layers of cheesecloth into a small bowl, pressing down on the pulp with the back of a spoon to extract all liquid.

In a double boiler over simmering water, whisk yolks and sugar together and cook until very thick (about 5 minutes). Place the pan in a bowl of ice water, gently stirring egg mixture. Stir in infused cream and butter until blended.

Remove from ice bath, place in a small bowl, cover and refrigerate.

To make chocolate brûlée: In a heavy, medium pan over very low heat, bring cream to a low simmer. Remove from heat and stir in chocolate. In the top of a double boiler over simmering water, whisk together egg yolks and sugar and cook together until very thick (about 5 minutes). Place pan in a bowl of ice water, gently stirring mixture. Stir in chocolate mixture and butter. Remove from ice bath, place in a small bowl, cover, and refrigerate.

To serve: Preheat broiler. Spoon each flavor of brûlée into 8 individual ceramic Chinese soup spoons. Sprinkle ½ teaspoon sugar over each. Place under the broiler for 2 to 4 seconds, or until glazed. Top each flavor with appropriate garnish: a coffee bean on Kona mocha, crystallized ginger on Thai, reserved lilikoi seeds on lilikoi, diced mango on mango and chocolate shavings on chocolate. Arrange 5 spoons, one of each flavor, side by side on a long rectangular plate and garnish plate with mint. Repeat with remaining spoons.

Recipe provided by Mark Okumura.

Passion Fruit Mousse in a Tuile Cone with Strawberry and Mango Coulis

Serves 4

Light-as-a-feather passion fruit mousse is piped into tuile cones decorated with chocolate swirls and served on a colorful plate of strawberry and mango purées. The recipe draws on many techniques, simple to master, which create an eye-catching dessert.

Passion Fruit Mousse

- 8 passion fruits
- 1 tablespoon water
- 1 packet powdered gelatin
- Juice of 2 limes
- 4 eggs, separated
- 4 ounces superfine sugar

Great Chefs Résumé

Mark Okumura

Alan Wong's Restaurant
Honolulu, Oahu



Mark Okumura loves to eat. It's a love that propelled him into the kitchen in the first place. As a pastry chef at both Alan Wong's Restaurant and the

prestigious Halekulani Hotel, Okumura is surrounded by food and can be as creative as he likes.

"It's the excitement of coming in and seeing what's been delivered from our farmers that keeps my creativity flowing," says Okumura. They bring him mountain apples, guava, passion fruit and lychee. One farmer's pineapple mint inspired a new dessert, and the restaurant staff still drools over a creamsicle tart he make with fresh oranges from Kau.

In 1980, he received a degree in culinary arts from Kapiolani Community College in Honolulu. Two years later he added a degree in pastry making.

His practical experience includes a year in a private Hawaii bakery, as well as positions in several European and Asian restaurants, hotel, and culinary schools, among them the renowned Oriental Hotel in Bangkok.

At Alan Wong's, Okumura is stimulated most by the prospect of creating each day's special desserts. His favorite: the fruit sorbets!

- 5 ounces heavy (whipping) cream

Tuile Cones

- 3 ounces all-purpose flour
- 4 ounces superfine sugar
- 3 egg whites
- 2 tablespoons (¾ stick) unsalted butter
- Rind of 1 lime, grated
- 8 large strawberries
- ½ cup heavy (whipping) cream
- 1 cup strawberry coulis (see ▶

Basics)

- 1 cup mango coulis (see Basics)
- 2 mangoes, peeled, pitted, and sliced
- 4 mint sprigs

To make mousse: Cut passion fruits in half and scoop out pulp. Press through a sieve into bowl of a food processor or blender and add water. Purée. Dissolve gelatin in lime juice. In the top of a double boiler over boiling water, whisk egg yolks and sugar until sugar is completely dissolved (about 2 minutes). Remove from heat. Stir in gelatin until dissolved, about 1 minute, then fold in passion fruit purée. Let cool to room temperature. In a deep bowl, beat egg whites until stiff peaks form. Fold into mousse mixture. In a deep bowl, beat cream until soft peaks form. Fold into mousse mixture, cover with plastic film and chill until set.

To make cones: Preheat oven to 350° F. Line a baking sheet with silicone (Teflon®) paper, or use a teflon-lined pan. Cut 6-inch circles from a sheet of thin cardboard or stiff plastic, making a stencil. Mix all ingredients together in a large bowl until smooth. Scoop out ½ cup of batter, add 1 tablespoon of cocoa powder and mix. Place in a pastry bag fitted with a very small plain tip or put in a small plastic bag. Place stencil on baking sheet and spread cut-out with a thin layer of batter, smoothing with a spatula or the back of a spoon. Lift the stencil, reposition and repeat to make eight circles. Draw a zigzag design across each circle with chocolate batter; if using plastic bag with chocolate batter, snip a tiny hole in one corner and use it as a pastry bag. Bake 10 minutes, or until edges just start to brown. Remove from oven and immediately lift circles with a spatula, one at a time, and roll into cones, holding momentarily until cool enough to stiffen and hold shape. If the tuiles become too stiff to roll, return them momentarily to the oven to soften. Set cones aside to cool completely.

To serve: Cut strawberries in thin



Lilikoi Cheesecake

slices from the tip almost to the green caps and fan out. Put heavy cream in a squeeze bottle and draw a line across the center of each plate. Spoon mango coulis on one side of the line, filling that half of the plate; fill the other half of plate with strawberry coulis. With a toothpick or the point of a sharp knife, pull through cream in alternating directions to create a design across the plate. Put mousse in a pastry bag fitted with a large fluted tip and pipe into the cones. Cross two filled cones in the center of each plate. Garnish plates with slices of mango, strawberry fans and mint sprigs.

Recipe provided by Janice Barber.

Lilikoi Cheesecake

Makes 8

The silky, colorful lilikoi filling contrasts with the crunchy macadamia crust and crisp coconut tuiles.

Although it's simple to do, the presentation is spectacular. Lilikoi is the Hawaiian name for passion fruit. Passion fruit concentrate can be found frozen in many markets. It is lemon-like in taste, with perfumey overtones.

Macadamia Crust

- ½ cup (1 stick) cold unsalted butter
- ¼ cup packed brown sugar
- 1 cup unbleached all-purpose flour
- ½ cup macadamia nuts, finely chopped

Lilikoi Filling

- 1 envelope unflavored gelatin
- $\frac{1}{4}$ cup cool water
- 1 pound cream cheese at room temperature
- 1 cup sugar
- 5 egg yolks
- $\frac{1}{4}$ cup lilikoi purée
- $1\frac{1}{2}$ cups heavy (whipping) cream

Glaze

- 1 cup apricot jam
- $\frac{1}{2}$ cup lilikoi purée

Garnish

- 4 coconut tuiles (recipe follows)
 - $\frac{1}{2}$ cup lilikoi purée
 - $\frac{1}{2}$ cup raspberry purée (see Basics, fruit purées)
- Confectioner's sugar for dusting
- 8 mint sprigs

To make crust: Preheat oven to 350° F. Butter eight 4-inch tart tins and

Great Chefs Résumé

Janice Barber

as taped at
The White House
St. Kitts

After a career that involved everything but cooking—from dental nursing to medical sales—Janice Barber decided to change both her career and lifestyle.

In 1988, she and her husband bought The White House, a derelict plantation house in St. Kitts. After two years of work restoring the property they opened the Inn in 1990. Out of necessity Janice took to the kitchen with expertise derived from books and TV shows. After a lot of practice and acclaim at The White House over the next six years, she opened another restaurant, The Georgian House, in Basseterre, capital of St. Kitts. Both offer fine cuisine in exquisite restorations of historic properties.



line the bottom of each with parchment or greased waxed paper. In a food processor with a paddle attachment or using a pastry cutter, cut together butter, brown sugar and nuts. Blend in flour and mix until it resembles coarse meal. Place dough in the pan and, using your fingers, lightly press pastry evenly over the bottoms of pans and $\frac{1}{4}$ of the way up the sides. Put tart pans on a sided baking sheet. Bake 10 to 12 minutes, or until crusts just start to brown. Let cool.

To make filling: Sprinkle gelatin over water and let sit. In a medium bowl beat together cheese and $\frac{1}{2}$ cup sugar. In a double boiler over barely simmering water, whisk egg yolks and remaining $\frac{1}{2}$ cup sugar together until pale in color (about 3 to 4 minutes). Cook mixture until it thickens and coats the back of the spoon. Stir in gelatin mixture off the heat and whisk gently until completely dissolved. Stir in lilikoi purée. Beat egg mixture into cheese mixture, scraping down the sides of the bowl occasionally. In a deep bowl, whip cream until it forms soft peaks. Gently fold whipped cream into custard. Pour into cooled tart shells, level tops and refrigerate until chilled and firm.

To make glaze: In a small pan, warm apricot jam over low heat until melted. Strain through a fine-meshed sieve and stir in lilikoi purée. With a spoon, spread glaze over chilled cheesecakes. Refrigerate 1 hour to set glaze.

To serve: Unmold tarts and cut each in half. Offset 2 halves on each plate, sliding one halfway past the other. Add $1\frac{1}{2}$ teaspoons lilikoi sauce to each side and dot with 1 teaspoon of raspberry sauce. Pull through raspberry sauce with the point of a knife from center to outside, creating a radial design. Set a coconut tuile half vertically between the tart halves. Dust plate with confectioner's sugar. Garnish with mint.

Great Chefs Résumé

Lisa Siu

as taped at
3660 on the Rise
Honolulu HI



Lisa Siu's
desserts give
patrons reason to

pause when ordering her husband Russell's appetizers and entrées—they want to save room! Siu is a Hawaiian "local" who attended high school at Honokaa on the Hamakua Coast of the "Big Island," Hawaii.


In 1978 she enrolled in the food service program at Maui Community College. This led to positions at the Plaza Club in Honolulu and a series of private clubs in Texas and California. Back in Hawaii, she and her husband were the team which put 3660 on the Rise culinary map.

Coconut Tuiles

Makes 9

- $\frac{1}{2}$ cup (1 stick) unsalted butter at room temperature
- $\frac{1}{4}$ cup sugar
- $1\frac{1}{4}$ cups cake flour
- $\frac{1}{2}$ cup shredded coconut
- 1 egg, beaten
- 2 egg whites, slightly beaten
- 1 teaspoon vanilla extract

Preheat oven to 325° F. Butter and lightly flour two baking sheets. In a medium bowl, cream butter and sugar together. Gradually stir in cake flour until smooth. Stir in coconut. Stir in egg, egg whites and vanilla. Spread on prepared pan in 6- to 8-inch circles, 4 inches apart. Bake 10 to 12 minutes, until edges are lightly browned and centers are cooked through. Cut four warm cookies in half and transfer all cookies to wire racks to cool. Store in an airtight container.

Recipe provided by Lisa Siu. 

The plate as a canvas

The beauty of a dessert that goes beyond the experience of the palate.

By Jim Tarantino

So you're really serious about this aren't you? If the beautiful recipe photos haven't intimidated you so far, you may be just curious enough to try to make one of these pastries a work of art. Or, you may be a chocolate voyeur and just want to read on to see if these desserts are for real or just some special effects. Well, they are special, and they are an effective eye opener at the end of a meal. Talk about over-the-top eye candy! Pulling off one of these trophy desserts will stretch your cooking technique like taffy as well as enroll you

in grad school for your M.D. degree, that is in Master in Desserts.

Modern plate styling trends have their roots in pastry. A chef who has spent time with pastry learns form, color, texture and plating. When it's applied to cooking, it turns the plate into a canvas. One is able to organize the plate as a visual unit. Side dishes are no longer compartmentalized at the edge of the plate but are integrated with the main dish as a support system, impacting the dinner with eye and palate explosions. When it comes to fireworks on the plate, we need to look towards Gale O'Malley, pastry chef from The Greenbrier in West Virginia.

Looking at O'Malley's work is like looking at a chocolate museum piece: part sculpture, part canvas. Style-wise, you can see his sense of contrast in how he uses color and shape on the plate. He plays off diagonal stripes, hard and soft edges, with a sense of motion that guides your eye up and around the plate.



To really get a grasp on O'Malley's creations, you need to see them as assemblies of separate recipe components, not just one large recipe. Each of these individual components is a recipe building block that is not just unique to O'Malley's work, but is part of a professional pastry chef's repertoire. Learning these recipe components is like a musician practicing scales. It will definitely show in your playing, help you improvise on other desserts and bring on an encore applause from your guests. Technique-wise, the recipes are consistent and user friendly. Once you've prepared a mousse for one component, the others are just variations that almost stir and whip themselves.



The Nobleman's Dessert Box

This also holds true for baking the various cakes as well.

In the beginning of each of the following recipes, I've given you the Component Count and Line Up. This will enable you to see at a glance what component recipes or building blocks are required. If you're making a chocolate cake, there's nothing to stop you from a baking frenzy and freezing the extra cakes for a later date. Also, if you need to substitute quality store bought components to save time, all the better.

O'Malley uses melted jam or warm couverture chocolate the way

a bricklayer uses mortar. Melted drops of chocolate act as an adhesive to fix chocolate wings or leaves in place. Melted jam binds cake and meringue together. The trick is seeing how the technique works and applying it elsewhere.

These are not recipes that are done at the last minute. They require the discipline of relaxed planning. They're doable over a few days. Some of his components need setting time in the freezer, preferably overnight. Note how and when the dessert is placed into the freezer to set. It does make the recipe easier to handle, and the flavors will

open up at room temperature.

Some chocolate tips: Chocolate in these recipes is in a constant state of flux, much like a Hawaiian volcano. It's melted to a soft ganache, formed into striped wings and leaves, used as pedestals and baked into cakes. Working with chocolate requires a warm heart and cool hands.

Kona Coffee and Hawaiian Vintage Chocolate Mousse Torte

Makes one 9-inch torte; serves 8

This masterpiece is an exotic version of a layer cake: chocolate layers, a ►

meringue layer, two flavors of mousse and marzipan, garnished with Hawaiian poho berries. Standing the cake wedges up vertically makes a dramatic presentation.

Component Count and Line-up: 6 Total

Marzipan Disc
Meringue Disc and Mushrooms
Chocolate Cake
Chocolate Ganache
Kona Coffee Mousse
Hawaiian Vintage Chocolate Mousse

Marzipan Disc:

- ½ pound marzipan
- 3 drops green food coloring

To make marzipan disc: Knead marzipan until pliable. Dot with food coloring, fold marzipan over coloring, and knead until color has spread evenly throughout marzipan. On a piece of parchment paper or aluminum foil, roll marzipan into a 9-inch round disc that is ⅛ inches thick. Press with the back of a large knife to score with parallel lines ¼ inches apart. Cover loosely with plastic wrap and refrigerate.

Meringue Disc and Mushrooms:

- 6 egg whites
- ½ teaspoon cream of tartar
- 1½ cups confectioner's sugar, sifted
- ¾ cup macadamia nuts, finely ground
- Unsweetened cocoa powder for dusting

To make meringue disc and mushrooms: Preheat oven to 200° F. Line a baking sheet with parchment or buttered heavy brown paper. Trace around a 9-inch plate to draw a circle on the paper. In a large bowl, beat egg whites and cream of tartar until soft peaks form. Gradually add confectioner's sugar, beating until stiff peaks form. Place ¼ meringue in a pastry bag fitted with a medium plain tip. On edges of prepared baking sheet, outside the traced circle, pipe sixteen ¾-inch puffs for mushroom caps and 16 thin 1½-inch long lines for mushroom stems. Put any leftover meringue

back into the bowl with reserved meringue and fold in macadamia nut flour. Place nut meringue in a large pastry bag fitted with a large plain tip and pipe in a tight spiral on the circle drawn on the paper. Fill in the circle with meringue and smooth the top slightly with a spatula or table knife. Bake 1 to 1½ hours, or until crisp but not browned. Remove from oven, lift paper with meringues, and place on a wire rack to cool right on the paper.

When cool, lift from paper. With sharp knife, trim meringue circle to fit

Once you've prepared a mousse for one component, the others are just variations that almost stir and whip themselves.

inside cake pan. Set aside. With tip of a sharp knife, scrape a small hole in the bottom of each mushroom cap. Use same sharp knife to shave one end of each stem into a small point. Press a stem point into each cap. Dust caps with a little cocoa powder and set aside.

Chocolate Cake:

- 4 eggs
- ¾ cup sugar
- ¾ cup cocoa powder
- Pinch of salt
- ¾ cup cake flour, sifted
- 3 tablespoons unsalted butter, melted

To make cake: Preheat oven to 350° F. Line bottoms of two 9-inch round cake pans with parchment paper. To warm a deep bowl: fill bowl with warm water, empty it and dry thoroughly. In warmed bowl, beat eggs and sugar together until mixture thickens and a ribbon forms when a spoonful is drizzled on the surface. Fold cocoa powder into egg

mixture. Gradually fold salt and ⅓ flour into egg mixture. Blend a large spoonful of mixture into butter, then gently fold butter and remaining ⅓ flour into the mixture. Pour into prepared pans and bake 10 minutes, or until a toothpick inserted in the center comes out clean. Let pan cool for 10 minutes, then remove cakes from pans and cool completely on a wire rack. You will have two ½-inch-thick cakes.

Kona Coffee Mousse:

- 3 envelope plain gelatin
- 4 tablespoons instant coffee powder
- ½ cup water
- 2 cups heavy cream, whipped to soft peaks
- 5 egg yolks
- ¾ cups confectioners' sugar, sifted

To make coffee mousse: In a small bowl, sprinkle gelatin and instant coffee over water and set aside. In a large bowl, whip egg yolks and sugar until mixture thickens and a slowly dissolving ribbon forms when a spoonful is drizzled on the surface. Stir in gelatin mixture and blend until completely dissolved. Stir ¼ whipped cream into egg mixture to lighten mixture, then fold in remaining cream.

Hawaiian Vintage Chocolate Mousse:

- 6 ounces Hawaiian Vintage Chocolate or other fine-quality bittersweet chocolate
- 3 envelope plain gelatin
- ½ cup water
- 2 cups heavy (whipping) cream
- 5 egg yolks
- ¾ cup confectioners' sugar, sifted
- 4 ounces Hawaiian Vintage Chocolate or other fine-quality bittersweet chocolate, melted

To make chocolate mousse: In top of a double boiler over barely simmering water, melt first 6 ounces chocolate. Set aside in the pan. In a small bowl, sprinkle gelatin over water and set aside. In a deep bowl, whip cream until it forms soft peaks and set aside. In a large bowl, whip egg yolks and sugar until mixture

thickens and a slowly dissolving ribbon forms when a spoonful is drizzled on the surface. Stir in gelatin mixture and blend until completely dissolved. With a rubber spatula, gently stir in remaining 4 ounces warm chocolate. Stir $\frac{1}{4}$ whipped cream into egg mixture to lighten it, then fold in remaining cream.

Assembly Ingredients:

- 1 cup chocolate ganache
(see Chocolate Ganache on page 68)
- $\frac{1}{4}$ cup apricot jam
- 4 ounces bittersweet chocolate, melted
- $\frac{1}{2}$ cup raspberry purée
- 24 fresh poho berries, or raspberries
- 8 fresh mint sprigs
- $\frac{1}{4}$ cup Kahlua

To Assemble: Line a 9 x 2½-inch round cake pan with a circle of parchment paper or greased waxed paper. Cut a strip of heavy flexible plastic 4 inches wide and 30 inches

long. (Hint: Mylar from art supply stores is perfect for this.) Place plastic strip around the inside of cake pan, letting it extend above the top.

Melt jam in a small pan over medium heat. Strain jam through a fine-meshed sieve. Spread a thin layer of about $\frac{1}{8}$ apricot jam on one cake circle and place in the prepared pan, jam-side up. Place the ganache in a pastry bag fitted with a large plain tip and pipe a spiral of ganache over the jam.

Pour Coffee Mousse over ganache in the cake pan and smooth the top.

Place meringue disc over the coffee mousse, pressing it slightly into mousse to bond. Sprinkle Kahlua over meringue disc.

Pour Chocolate Mousse over meringue disc in cake pan and smooth top.

Spread second cake circle with $\frac{1}{8}$ apricot jam and place, jam-side down, over the mousse, pressing it slightly into mousse to bond. Spread remaining

apricot jam over top of cake. Press marzipan disc into jam, scored-side up. Place cake in freezer 1 to 2 hours.

To serve: Remove cake from freezer. Turn cake out of pan and remove paper from bottom. Gently pull plastic strip off the side. With a heavy, sharp knife, cut cake into wedges, dipping knife into hot water and wiping blade dry between cuts. With a pastry brush or small spoon, cover one half of the top of each wedge with melted chocolate. Place 2 dots of melted chocolate off-center on each plate and stand a meringue mushroom on each dot, holding the mushrooms until the chocolate cools and they stand upright on their own. With a spatula and your hand, lift each cake wedge and place it upright on its spine on each serving plate next to the mushrooms. Spoon a little raspberry purée on each plate. Remove husks from 16 poho berries and spread open husks on remaining 8 poho berries. Garnish each plate with 2 husked berries, 1 berry with husk attached and 1 mint sprig.

Kona Coffee and Hawaiian Vintage Chocolate Mousse Torte



The Unforgettable Torte

Serves 4

This beautiful torte of chocolate cake, hazelnut meringue and flavored fillings is unforgettable, both for its taste and its presentation. You also won't forget just how complex and difficult it is to make! The torte could be served by itself without the garnishes, of course.

Component Count and Line-up: 10 Total

- Dark Chocolate Discs (Garnish)
- Dark Chocolate Wings (Garnish)
- Striped Chocolate Wings (Garnish)
- Striped Chocolate Tulip Petals (Garnish)
- Lattice Dark Chocolate Leaves (Garnish)
- Hazelnut Meringues
- Chocolate Cake
- White Sponge Cake
- Chocolate Butter cream
- Chocolate Ganache

Chocolate Garnishes

- 8 ounces bittersweet chocolate
- 8 striped chocolate wings
- 4 dark chocolate wings
- 8 4½-inch dark chocolate discs
- 24 striped chocolate tulip petals
- 4 lattice dark chocolate leaves

To assemble Chocolate Garnishes:

To assemble chocolate wings: Line a sheet pan with waxed paper. In the top of a double boiler over simmering water, melt 4 ounces of dark chocolate. Lay four striped chocolate wings, stripe-side up, on the waxed paper. Place melted chocolate in a pastry bag or paper cone with a fine tip and pipe a quarter-sized dot of hot chocolate on lower fourth of each wing. Press a plain chocolate wing onto each dot and hold if necessary until chocolate sets enough to hold the wings. Pipe another quarter-sized dot of hot chocolate onto lower fourth of the plain wings and press another striped wing onto each. Place in refrigerator to set (5 to 7 minutes).

Line another sheet pan with waxed paper. Place four chocolate discs on waxed paper. Pipe a 2-inch dot of hot chocolate on a disc, mounding the dot. Place an assembled wing upright on the dot of chocolate and hold until it sets. Pipe additional hot chocolate at the base of the wing to secure it firmly. Place in freezer. Repeat with other wings. Wings can remain in the freezer up to 2 days.

Hazelnut Meringues

- 6 egg whites
- ½ teaspoon cream of tartar
- 1½ cups confectioners' sugar, sifted
- 1 cup hazelnuts, finely ground

To make meringues: Preheat oven to 200° F. Line a baking pan with parchment paper or heavy brown paper. Trace around a 4-inch ring mold to draw 4 circles on the paper. In a large bowl, beat egg whites and cream of tartar together until foamy. Gradually beat in confectioners' sugar until meringue forms stiff peaks. Fold in ground hazelnuts.

Place meringue in a pastry bag fitted with a medium plain tip and pipe a tight solid spiral on a circle drawn on prepared baking sheet. Fill in circle completely. Repeat with remaining circles and smooth the tops slightly with a spatula or table knife. Bake 1 to 1½ hours, or until crisp but not browned. Remove paper with meringues and place on a wire rack to cool on the paper.

fold ⅔ flour into egg mixture. Blend a large spoonful of mixture into butter, then gently fold butter and remaining ⅓ flour into mixture. Pour into prepared pans and bake 10 minutes or until a toothpick inserted in the center comes out clean. Let the pan cool for 10 minutes, then remove cakes from pans and cool completely on a wire rack.

You will have two ½-inch-thick cakes.

To really get a grasp on O'Malley's creations, you need to see them as assemblies of separate recipe components, not just one large recipe.



When cool, lift meringues from paper. With a sharp knife, trim edges of each meringue circle to fit inside a 4-inch ring mold. Set aside in a dry place at room temperature until ready to use.

Chocolate Cake

See the Chocolate Cake recipe on page 62.

White Sponge Cake

- 4 eggs
- ¾ cup sugar
- 2 teaspoons vanilla extract
- Pinch of salt
- 1 cup sifted cake flour
- 3 tablespoons unsalted butter, melted

To make white cake: Preheat oven to 350° F. Line bottoms of two 9-inch round cake pans with parchment paper. To warm a deep bowl, fill bowl with warm water, empty it and dry thoroughly. In warmed bowl, beat eggs, sugar and salt together until mixture thickens and a ribbon forms when a spoonful is drizzled on surface. Stir vanilla into egg mixture. Gradually

Chocolate Butter Cream

- 3 ounces bittersweet chocolate, chopped
- 2 egg yolks
- ¼ cup granulated sugar
- ¼ cup water
- ½ cup (1 stick) unsalted butter at room temperature

To make butter cream: In a double boiler over barely simmering water, melt chocolate. Strain chocolate through a fine-meshed sieve into a small bowl and set aside to cool slightly. In a medium bowl, beat egg yolks until light and fluffy. In a heavy medium saucepan, stir sugar and water together. Bring to a boil over medium heat, using a damp pastry brush to brush down any crystals that form on the sides of the pan. Do not stir mixture while it is heating. Boil to 240° F on a candy thermometer, or until a small amount dropped into a glass of cold water forms a soft, pliable ball (soft-ball stage). Remove from heat. While beating egg yolks on medium

speed, gradually pour a thin stream of sugar mixture into yolks. Increase speed to high and continue pouring until all sugar has been absorbed and mixture has cooled. It will be light and fluffy.

In a small deep bowl, cream the butter. Add butter, 1 tablespoon at a time, to mixture, beating constantly, until butter is incorporated. While beating, gradually pour chocolate into butter cream until completely blended and smooth. The butter cream will keep up to 2 months in the freezer.

Assembly Ingredients

- ¼ cup raspberry jam
- 1½ cups chocolate ganache
(see Chocolate Ganache recipe on page 68)
- 36 fresh raspberries
- ¼ cup Chambord or other raspberry-flavored liqueur
- 1 cup heavy (whipping) cream, whipped to soft peaks
- 1 tablespoon unsweetened cocoa powder, sifted
- ½ pound marzipan
- 2 ounces bittersweet chocolate, melted
- 1 tablespoon unsweetened cocoa powder

To assemble: Line a baking sheet with parchment paper or aluminum foil. Place four 4-inch ring molds on the sheet. Cut 4 strips of heavy flexible plastic 4 inches wide and 12¾ inches long to fit inside the ring molds. Place a plastic strip around the inside of each mold, letting it extend above the top.

Cut four 4-inch circles from chocolate sponge. Trim each sponge circle to ½-inch thick. Spread a thin layer of raspberry jam on each sponge circle and place one in each prepared mold, jam-side up. Put butter cream into a pastry bag fitted with a large plain tip and pipe a layer over each sponge. Press 6 raspberries into butter cream of each torte. Put ganache in a pastry bag fitted with a medium plain tip and pipe a layer of ganache over the raspberries. Reserve remaining ganache for final assembly.

Great Chefs Résumé

Gale E. O'Malley

The Greenbrier
300 West Main Street
White Sulphur Springs, West Virginia

When it comes to fireworks on the dessert plate we need to look to Gale O'Malley, Pastry Chef at The Greenbrier, found in West Virginia.

After graduating from the Culinary Institute of America, O'Malley traveled from Hyde Park to Central Park where he became Executive Pastry Chef of The Plaza Hotel for nearly 10 years. There he became the youngest and first American-born pastry chef at that time to receive the Medal of the French Government for Patisserie, back in 1981. Chef O'Malley has traveled half way around the world to the pastry kitchens at the rambling Hilton Hawaiian Village. In Hawaii, Chef O'Malley spent as much time in community service as he did in the kitchen. Hawaiian cuisine is influenced by all the of the Pacific and this show's in the recipes below.

Back in the green rolling hills of West Virginia, aside from being Executive Pastry Chef at the famous Greenbrier Hotel, he also teaches cooking classes should you need some additional tutoring.



Place a meringue disc over layer of ganache, pressing it down slightly. Sprinkle meringue with Chambord. Press juice from remaining raspberries, strain through a fine-meshed sieve and gently fold raspberry juice into whipped cream. Spoon 2 or 3 tablespoons raspberry cream over each meringue.

Cut white sponge into four 4-inch circles. Trim sponge circles to ½-inch

thick and press one on top of the whipped cream in each mold. Fold sifted cocoa powder into raspberry cream and spoon 2 to 3 tablespoons over each cake. Smooth tops with the back of a kitchen knife and place molds in freezer until firm (2 to 3 hours).

Line a baking sheet with parchment or aluminum foil. Place a wire rack on the baking sheet. Roll the marzipan into a ¼-inch-thick sheet and cut four 4-inch circles. In a double boiler over barely simmering water, warm remaining ganache to pouring consistency. Remove molds from freezer and gently warm the outsides of the molds with warm towels. Run the tip of a thin, sharp knife around the inside of each mold to loosen the rings. Unmold the tortes onto the wire rack. Strip off the plastic. Press a skewer or fork into each torte and dip completely into ganache, then place on the rack to drip. Press a marzipan disc onto the top of each torte while ganache is still soft.

To serve: Place a petal cup slightly off center on a dessert plate and carefully center a torte in the cup. Place melted chocolate in a pastry bag fitted with a small plain tip. Pipe a small pool of melted chocolate on the plate and place a wing garnish in the melted chocolate, holding it in place until the chocolate cools and firms. Dust the top of the marzipan disc with cocoa powder. Pipe a ½-inch mound of ganache in the center of the marzipan. Dust the chocolate lattice leaves with cocoa powder and lean a leaf against the ganache. Repeat with the remaining tortes.

Sweet Dim Sum Box

Serves 4

This elaborate South Seas dessert sampler was created for visiting V.I.P.s, where it's usually spectacularly presented in a bamboo steamer over dry ice. Any one of these dim sum desserts can become single desserts on their own (each yielding 4 portions). Note that there is a ▶



Sweet Dim Sum Box

recipe for Green Tea Ice-Cream which follows the main recipe; if you are making your own Green Tea Ice-Cream, begin a day ahead.

Component Count and Line-up: 12 Total

Marzipan and Azuki Bean Paste Egg Rolls
 Candied Kumquat Pot Stickers
 Prune Wontons
 Papaya and Mango Beggar's Purses
 Cream Puffs with Orange Filling
 Cream Puff Shells
 Phyllo Tartlets
 Pistachio Sauce
 Crème Anglaise
 Green Tea Ice Cream
 Chocolate Sauce
 Blackberry Sauce

Marzipan and Azuki Bean Paste Egg Rolls

8 ounces marzipan
 ½ cup azuki bean paste

To make Marzipan and Azuki Bean Paste Egg Rolls: Preheat broiler. Divide marzipan in half and roll between two sheets of waxed paper into two strips, each 1½ inches wide and 8 inches long. Fill a pastry bag fitted with a ½-inch plain tip with the azuki bean paste. Pipe a ½-inch strip of paste along each marzipan strip. Roll up lengthwise into a long slender roll and cut into 2-inch lengths. Decoratively score tops of each on the diagonal, making a ropelike effect. Place on a baking pan close under the broiler for a few seconds, or until lightly browned.

Candied Kumquat Pot Stickers

4 2-inch circles puff pastry dough
 4 candied kumquats

To make Candied Kumquat Pot Stickers: Preheat oven to 375° F. Gently roll puff pastry rounds on a lightly floured board. Place a kumquat on each, centered on one half of the round. Fold dough over, press together and use a 2-inch round cutter to trim excess dough. Bake 10 to 15 minutes, or until puffed and golden brown.

Prune Wontons

Peanut oil for deep-frying
 4 wonton wrappers
 4 tablespoons prune purée

To make prune wontons: Pour oil to a

depth of 2 inches in a heavy pot or skillet. Heat to 375° F. Meanwhile, lay out wonton wrappers and place 1 tablespoon prune purée in the center of each. Fold up two opposing corners toward each other, but do not press together. Grasp other two opposing corners in your fingers and twist them, clockwise, around the two standing corners. Twist until filling is enclosed and packet holds its shape, then turn back points of each corner like a petal. Fry wontons, turning frequently, until golden and crisp (2 to 3 minutes). Using a slotted spoon, remove from oil and drain on paper towels. Reserve oil.

Papaya and Mango Beggar's Purses

- ½ cup ¼-inch diced papaya
- ¼ cup mango purée
- 2 tablespoons cake or cookie crumbs
- 4 6-inch egg roll wrappers

To make papaya and mango beggar's purses: In a small bowl, combine diced papaya, mango purée and cake or cookie crumbs. Lay out egg roll wrappers and place about 2 tablespoons papaya mixture in the center of each. Pull up edges, gathering at the top, and tie each gently with an 8-inch piece of white string. Reheat wonton oil to 375° F, or until almost smoking. Fry purses in hot oil, turning frequently, until golden and crisp (2 to 3 minutes). Using a slotted spoon, remove from the oil and drain on paper towels.

Cream Puffs with Orange Filling

- 4 2-inch cream puffs
- ½ cup heavy (whipping) cream
- 1 tablespoon orange concentrate
- ½ tablespoon (½ envelope) unflavored gelatin
- 1 tablespoon water
- ¾ cup plain fondant
- Red paste food coloring

To fill cream puffs: In a deep bowl, whip cream until stiff peaks form. Fold in orange concentrate. In a small saucepan, combine gelatin and water. Heat over low

heat until gelatin is dissolved. Let cool, then fold into cream mixture. Place mixture in a pastry bag fitted with a small tip. Make a small "X" in the bottom of each puff and pipe in orange cream mixture. Refrigerate.

In a double boiler over simmering water, heat fondant until it is liquid enough to coat. Insert a skewer in the bottom of a cream puff and dip puff into fondant to coat it. Remove and place on a baking sheet lined with parchment paper or waxed paper to dry. Repeat with remaining cream puffs. Place one dot of red paste food coloring on top of each in the center. Refrigerate.

Working with chocolate requires a warm heart and cool hands.

Phyllo Tartlets

- 3 sheets phyllo dough
- ½ cup fresh bread crumbs
- 6 tablespoons unsalted butter, melted

To make phyllo tartlets: Preheat oven to 375° F. Place 1 sheet phyllo dough on a sheet of parchment paper or waxed paper. Sprinkle lightly with some bread crumbs and drizzle 2 tablespoons of butter over using a pastry brush. Repeat with another sheet, then place a final sheet on top. Brush top with remaining butter. Using a 3-inch round cutter, cut out 8 circles. Press circles into eight 2-inch fluted tartlet pans. Bake 10 to 12 minutes, or until golden and crisp. Let cool.

Pistachio Sauce

- 1 cup crème anglaise
- 3 tablespoons pistachio paste

To make pistachio sauce: In a small bowl, whisk together crème anglaise and pistachio paste. Set aside.

Green Tea Ice-Cream

Yields: 1½ pints

- 2 cups heavy (whipping) cream
- ½ cup half-and-half
- 1 vanilla bean, halved lengthwise, or 1 tablespoon vanilla extract
- 5 "tea bags" or 3 tea balls filled with green tea
- 8 egg yolks
- 1 cup sugar

To make Green Tea Ice-Cream: In a heavy medium saucepan, combine cream, half-and-half and vanilla bean, if using. Submerge tea bags or tea balls in cream. Bring to a boil over medium-high heat. Remove from heat and let stand for 5 minutes. Remove tea bags or tea balls from cream. Return cream to heat and bring back just to a boil. Meanwhile, beat egg yolks with sugar until light and fluffy. Slowly whisk some hot cream mixture into egg yolks, then add egg yolks to hot cream mixture and cook over low heat, stirring constantly, until mixture is thick enough to coat the back of a spoon. Remove from heat and remove vanilla bean pod, or stir in vanilla extract at this point. Cover and chill at least 2 hours. Freeze in an ice-cream maker according to manufacturer's directions.

Garnish

- 1½ tablespoons confectioner's sugar, sifted
- ½ cup blackberry sauce
- ½ cup chocolate sauce
- Pastillage fans (optional)
- 2 cups dry ice chips (optional)

To serve: Preheat oven to 350° F and reheat pot stickers, beggar's purses and wontons for 6 to 8 minutes. Dust beggar's purses with confectioner's sugar. Place blackberry purée and pistachio and chocolate sauces in squeeze bottles. Divide serving plates down the center with an elongated "S" of chocolate sauce. Fill one side with blackberry purée and the other with pistachio sauce. Place 1 beggar's purse in the center of each plate, then alternate egg rolls, pot stickers, wontons and puffs around the ▶

plates. Place green tea ice-cream in phyllo shells at the last minute and place two on each plate.

To duplicate Chef O'Malley's presentation, top ice-cream with a pastillage fan or similar wafer. Place ½ cup dry ice chips in the bottom of each of four lacquer boxes (handle dry ice chips with small tongs; do not touch them with your fingers). Add a small amount of hot water. Place a small bamboo steamer on top of each box and place plated dessert in the steamer. The hot water will activate dry ice and "steam" will pour out.

The Nobleman's Dessert Box

Yields: 4 servings

Gale O'Malley's desserts are never simple, but the stunning presentations are worth the effort.

For his Dessert Box he nestles a shiny Chinese Hat and sorbets in a lacquer box, then provides a lid of decorated chocolate. The Chinese Hat is also the name of a conical shaped island.

The mounds of chestnut pastry cream and ganache are a treat, even without the box. Start this dessert by selecting your boxes carefully; the lids will be made to match.

Component Count and Line-up: 6 Total

Dessert Box Lid

Mandarin Orange Sauce

Chinese Hats including:

Chocolate Cake

Chestnut Pastry Cream

Chocolate Ganache

Mango Sorbet

Pineapple Sorbet

Lilikoi or Orange Sorbet

Dessert Box Lid

- 2 ounces white chocolate, chopped
- 4 ounces bittersweet chocolate, chopped
- 12 pastillage flowers (optional) or piped flowers

To make lids: Select four 6 x 1½-inch lacquer boxes to hold desserts. Lay a

piece of heavy flexible plastic on a large baking sheet. In a double boiler over simmering water, melt white chocolate and heat to 100° F. Let it cool to 90° F. Pour chocolate out on plastic, spreading it thin. Using a wood-graining tool (available at home painting centers), "walk" the tool across the chocolate, spreading it into a wood-grain pattern. Place plastic in refrigerator to chill and set the chocolate.

In a double boiler over simmering water, melt bittersweet chocolate and heat to 100° F. Let it cool to 90° F. Remove chocolate from refrigerator. Pour dark chocolate at one end of wood-grain

Start this dessert
by selecting
your boxes
carefully.

pattern. With a long thin spatula, quickly spread dark chocolate in a strip across wood-grain design, being careful not to disturb the design. Spread more dark chocolate beside the first strip, continuing until you have a piece of chocolate large enough to make 4 lids for the boxes. Build up chocolate until it is slightly thicker than ¼ inches. Return to refrigerator to chill and set. Using box as a pattern, outline four box lids on the chocolate. With a sharp knife, cut out the shape of the box lids. Pull away extra chocolate from around the lids. Place a second piece of plastic over cut-out lids. Holding the two plastic pieces together with your hands, flip them over. Peel plastic from lids, revealing wood-grain design. If using pastillage flowers, spoon or pipe three dots of warm chocolate on each lid and press a flower on each. (Icing flowers may also be used, piped directly on the lids.) Place lids in freezer.

Put leftover chocolate back in a double boiler and remelt over barely

simmering water. Place in a pastry bag fitted with a fine tip and pipe 3 large free-form closed loops in the bottom of each of lacquer box. Place in freezer to set.

Mandarin Orange Sauce

- ½ cup mandarin orange slices, or
- 1 tablespoon Grand Marnier
- 1 cup crème anglaise

To make sauce: Finely dice mandarin orange slices and stir into crème anglaise. Set aside. Or, add the Grand Marnier to crème anglaise and stir until smooth. Set aside.

Chinese Hats

Yields: 4 Hats (servings)

Chocolate Cake

(See the Chocolate Cake recipe on page 62.)

Chestnut Pastry Cream

- 2 cups milk
- ½ cup sugar
- 2 eggs
- 1¼ tablespoons corn starch
- 1½ tablespoons all-purpose flour
- 2 tablespoons sugar
- ½ cup chestnut purée
- 2 tablespoons rum

Chocolate Ganache

Yields: 4 cups

- 1 cup heavy (whipping) cream
- 1 pound semisweet chocolate, chopped

To make ganache: In a heavy pan, bring cream to a boil over medium-high heat. Remove from heat and add the chocolate. Let stand 30 seconds, then gently stir to blend. Let cool completely; ganache will stiffen.

Assembly ingredients

- ¼ cup raspberry jam
- 3 ounces bittersweet chocolate, chopped
- 4 candied violets

To assemble Chinese Hats: Place sponge cake circles on a work surface and cut each into four 4-inch circles (reserve leftover pieces for other uses). Spread 4



The Unforgettable Torte

circles of cake with a thin layer of raspberry jam and a thin layer of ganache. Top each with a second circle of cake. Place in freezer to set (2 to 3 hours).


In a double boiler over barely simmering water, gently warm ganache to pouring consistency. Remove cakes from freezer and place them on a wire rack. Mound chestnut pastry cream into a smooth cone on top of each cake stack. Set rack over a baking pan lined with waxed paper and pour ganache over cones to completely cover. Chop 1 ounce of chocolate very fine and press pieces around bottoms of Chinese Hats. Place in refrigerator until ganache has set (2 to 3 hours).

Chop remaining 2 ounces of chocolate. In a double boiler over barely simmering water, melt chocolate. Put chocolate in a pastry bag fitted with a small plain tip, or in a sturdy plastic bag. If using a plastic bag, make a tiny snip in one corner. Pipe chocolate in narrow loops from center of each cone down over the sides. Place a dot of warm chocolate on the peak and press a candied violet, into the chocolate. Refrigerate until firm (about 5 minutes).

Garnish

- 4 pastillage fans (optional)
- 12 fresh raspberries
- 4 fresh mint sprigs
- 4 small scoops Mango sorbet
- 4 small scoops Pineapple sorbet
- 4 small scoops Lilikoi or orange sorbet

To serve: Remove lacquer boxes from freezer. Using a spoon, carefully fill in chocolate loops with orange sauce. Place one Chinese Hat in one end of each lacquer box. Place 1 small scoop of each sorbet to one side of the center of the boxes. Affix pastillage fans if using, to the sorbets, leaning them against the sides of the boxes. Scatter raspberries in the boxes and garnish with mint sprigs.

These basic recipes along with a host of others can be found on the Great Chefs website at: <http://dsc.discovery.com/dscdaytime/greatchefs/basics.html>. 

exoti

with chef norman van aken

By Suzanne Hall

"If the map of the world were a tablecloth, and I could choose a place at that table, I would sit at the southern tip of Florida, at the nexus of North American and the Caribbean. My plate would touch Cuba, the Florida Keys, the Yucatan and the West Indies, the Bahamas and South America. I would listen to the tales of voyagers, discoverers, traders and mystics, who in searching for 'The Indies,' the Great Khan and the riches of China discovered something much more valuable and enduring, a new world of culinary treasures."

-Norman Van Aken

Chef and co-owner of Norman's, the critically acclaimed Coral Gables, Florida, restaurant, the father of New World Cuisine and a Great Chef by any standard, Norman Van Aken first glimpsed his place at the table as a young prep cook in Key West.

"My going to Key West was serendipitous," he recalled. "I went to visit on a lark." In less than a year, he returned to cook. "If I hadn't gotten to that place, I would not have become the chef I am today. It was like Alice looking through the rabbit hole. There was so much new to discover."

Key West was Van Aken's first introduction to the ingredients of the Caribbean, like mangoes, guavas and star fruit and to the moles and chilies of Mexico and South America. He embraced these exotic flavors and has been experimenting and creating with them ever since.

For more than two decades, he has shared his vision of that place at the table through his cookbooks and his distinctive cooking style. He has taught us to appreciate New World foods in their own right and for their ability to mix and match with Old World ingredients and techniques to create a cuisine that is both "rustic and refined, like a symphony orchestra playing in a

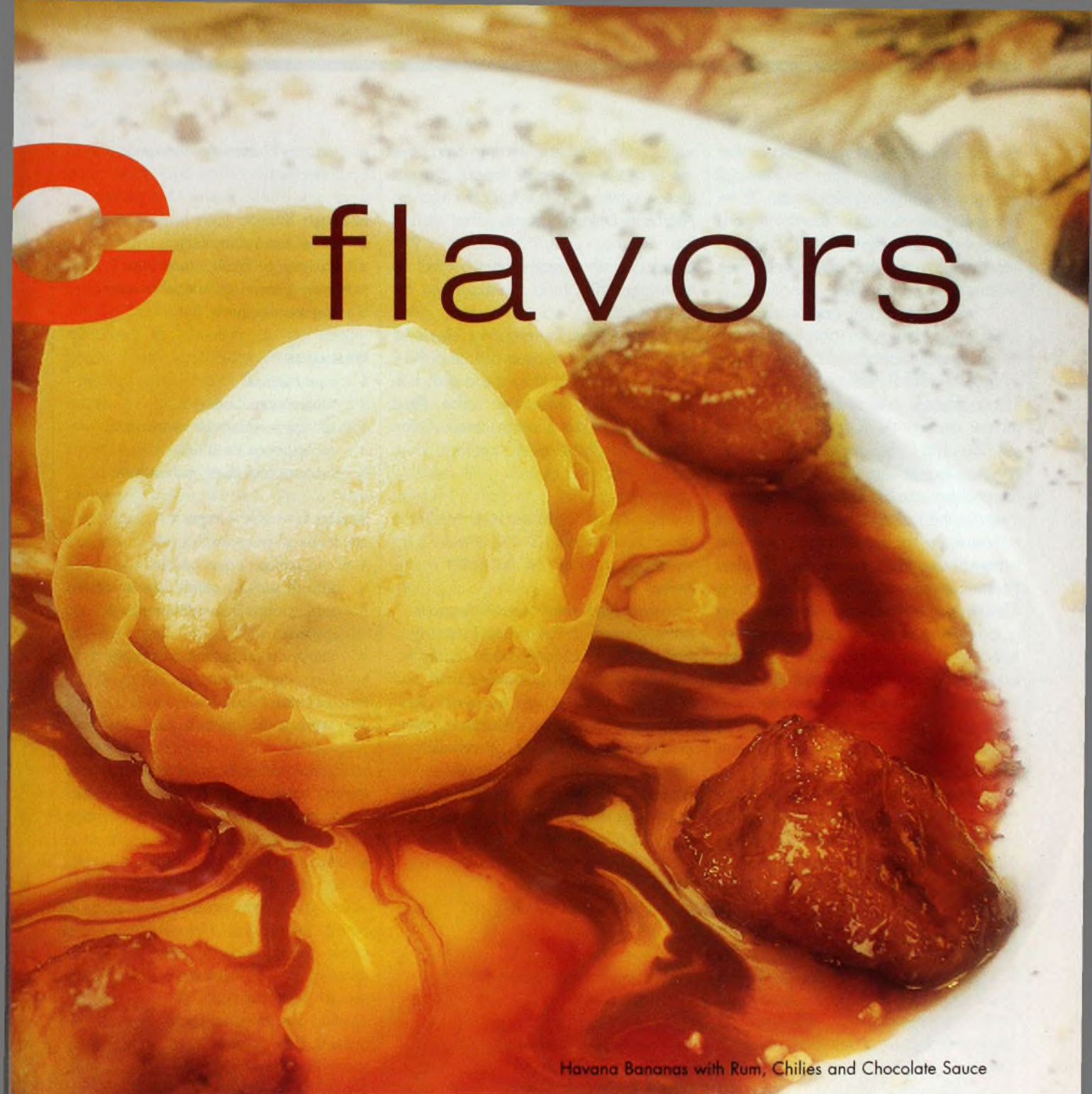
meadow." As he teaches us, he learns.

Whether he's writing a cookbook, his fourth, *Norman's New World Cuisine: Latin America*, is nearly completed, or developing new menu items for Norman's, he meticulously researches the history of foods, digging like an archaeologist through layer after layer of culinary traditions to get to their roots and their meaning. He is a scholar. But he's also an artist with the





flavors



Havana Bananas with Rum, Chilies and Chocolate Sauce

flavors of the world on his palette. Don't tell him there's nothing new in the world. "In cuisine the possibilities are limitless. We will never tap all of the flavors," he said.

Although an innovator and perhaps a trend setter, Van Aken's food is never trendy, and it always makes historical and culinary sense. His approach to desserts is one example. "Too often desserts are some exit ramp from the

main menu. They're sticky-icky and look like they've been brought in from the local grade school. Desserts should develop logically from what a restaurant or a meal prepared at home is about."

That credo is why guests at Norman's can conclude a meal of Rum and Pepper Painted Grouper on a Mango-Habanero Mojo with a Boniato-Plantain Mash en Poblano with a dessert of Havana Bananas with

Barbados Rum, Chiles and Chocolate Sauce. Both courses operate on the principal of heat and sweet. So, the progression makes sense. It's logical. And, it has a basis in history. "Chocolate spiked with chiles was the drink of the Aztec gods," he explained.

The heat in the Havana Bananas recipe comes first from the rum. "We wanted to punch it up a little. So we added the chiles." The dessert was a ►

hit with customers from the start. Van Aken does, though, offer a word of caution when making it at home. "One person's turn on is another's turn off. Always go slow with chiles. If you don't like them at all, the dish works well without them," he said.

Although he is first and foremost a great chef, Van Aken appreciates the needs and limitations of home cooks. "When I wrote *A Feast of Sunlight*, (his first cookbook), I started with restaurant recipes and cut them down. They were still too big," he explained. So he reversed the process. Now he develops recipes for use at home and adjusts them for the restaurant kitchen. He also encourages home cooks to make substitutions. His recipe for Toasted Pecan Caramel Tart with Jamaican Blue Mountain Coffee Bean Anglaise is a good example of the refined and the rustic in combination, calls for a pate brisé tart crust. "You can easily substitute your favorite pie crust recipe," he said. "And you don't have to use Jamaican coffee beans. Any good quality bean will do."

When Van Aken introduced his New World cuisine, many of the tropical fruits he used were unavailable to cooks outside of Florida. Today, although most can be purchased throughout the country, many home cooks are intimidated by them. There's no reason to be. The key is starting with quality fruit. "Establish a relationship with a good market. Talk to the produce man. He'll be a real ally," Van Aken said. He recommends buying fruit that is blemish free and heavy for its size. "A delicious aroma coming from it is a good sign," he added.

"Most fruits that come to our markets are durable, but not used to refrigeration. Let them fully ripen on the counter. Put them on a platter. They're beautiful to look at. When they are fully ripe, you can put them in the refrigerator for 30 minutes if you want them cool," he said. "I prefer fruit that has never seen a refrigerator."

Many tropical fruits are quite delicate in flavor. They should be served as

simply as possible. At Norman's, "we use a broad medley of fruits in desserts like A Stirfry of Tropical Fruits in Aromatic Spiced Crêpes. That dish is the ultimate fruit cocktail. We developed that recipe and others to highlight the fruits without a lot of distractions."

Whether he is creating desserts, appetizers, main courses or side dishes, "I want people to taste the eighth bite and still find it interesting," Van Aken said. "I want the food to dance." The desserts which follow do just that.

Havana Bananas with Rum, Chilies and Chocolate Sauce

Serves 4

Norman Van Aken creatively transforms fruit with ice-cream by using tropical flavors sparked with chiles. Sautéed bananas are spiced with chili jelly and spooned on plates decorated with banana, chocolate and mango sauces. A tuile cup cradles mango ice-cream on top of the bananas. Each of the recipes used to make this dish can be used separately on its own or in another dessert.

Mango Ice-Cream

- 2 cups peeled, seeded, diced rip mango
- 1½ cups sugar
- 2 tablespoons fresh lime juice
- 2 cups milk
- 5 egg yolks
- 1 cup heavy (whipping) cream

Chili Jelly

- 2 ancho chiles, stemmed and seeded
- 2 chipotle chiles
- 1 quart water
- 6 tablespoons red currant jelly
- 6 tablespoons honey
- 2 tablespoons sherry wine vinegar

Chocolate Sauce

- ½ cup heavy (whipping) cream
- 2 tablespoons unsalted butter
- 2 tablespoons firmly packed brown sugar

- 4 ounces bittersweet chocolate, chopped

Mango Sauce

- 2 cups diced ripe mango
- 1 tablespoon fresh lemon juice
- 1-3 tablespoons confectioners' sugar
- ½-1 cup orange juice

Bananas

- 4 ripe bananas
- 2 tablespoons butter
- 1 tablespoon dark brown sugar
- 2 tablespoons Chili Jelly
- 3 tablespoons Myers's dark rum

Tulip Cookie Cups

- 1¼ cups all-purpose flour
- 1 cup confectioners' sugar
- ¼ cup (1 stick) unsalted butter, melted
- 3 tablespoons heavy (whipping) cream
- ½ teaspoon pure vanilla extract
- 4 large egg whites
- Pinch of salt
- 1 tablespoon vegetable oil

To make ice-cream: In a nonreactive mixing bowl combine mangos, ½ cup sugar and lime juice. Refrigerate 1 hour. Scald milk in a heavy saucepan. In a small mixing bowl, whisk egg yolks and ¾ cup sugar. Pour scalded milk into yolks in a thin stream, whisking to blend. Return yolk mixture to pan and cook over medium heat about 3 minutes, or until thickened. The mixture should coat the back of a spoon. Be careful not to let mixture boil. Strain custard into a bowl and let come to room temperature. Stir mango mixture into custard. Whisk in cream. Taste for sweetness, adding more sugar if needed. Freeze mixture in an ice-cream maker according to manufacturer's directions.

To make jelly: Remove stems from chiles and toast in a dry skillet over medium-high heat until they begin to release their aromas (about 3 minutes). Place in a saucepan with water and simmer on medium heat until water is almost completely evaporated. Add currant jelly, honey and vinegar. Bring

to a boil over high heat. Remove pan from heat and process in a food processor until smooth. Transfer to a clean bowl and cool.

To make chocolate sauce: In a small heavy saucepan, cook cream, butter and brown sugar over medium heat, stirring constantly, until sugar is dissolved and mixture is no longer grainy. Add chocolate and stir until melted. Cover and chill until serving. If made in advance, sauce may be reheated gently over low heat. Sauce should be pourable for serving.

To make mango sauce: In a food processor purée mango, lemon juice and sugar. Add enough orange juice to achieve a sauce that will pour. Correct flavoring, adding sugar or lemon juice as needed. Force sauce through a strainer, pressing with back of a spoon to extract all juices from pulp. Cover and refrigerate until serving.

To make cups: Grease a large baking sheet with vegetable oil and dust with flour, shaking out any excess. Take a thin, flat piece of cardboard and make a template: Cut out a circular hole 7 inches in diameter. Place pattern

onto baking sheet and, using a spatula, evenly spread some cookie mix into stencil. Remove stencil and repeat to make 7 more circles. Bake until golden (10 to 12 minutes).

Turn off oven, open oven door and set baking sheet on it. This will help keep cookies flexible while molding them. Using a large, flexible spatula, lift a cookie off baking sheet and slide onto the bottom of an inverted 3-inch-wide glass or bowl. Quickly press cookie down around glass or bowl to form a cup. Work rapidly to prevent cookies from crisping before you're finished shaping the cups—once cookies are crisp they'll no longer be pliable enough to mold. Repeat to shape all 8 circles into cups. Freeze four for future use.

To prepare bananas: Peel bananas and cut into ½-inch slices on the diagonal. Heat a skillet to moderately hot. Place bananas in skillet with butter and brown sugar. When butter is melted, add chili jelly (remaining jelly can be stored in refrigerator up to 2 months). Toss bananas to coat well. Remove bananas to a plate. Add rum

to pan, deglaze and reduce sauce until thickened.

To assemble: Divide bananas among dessert plates. Drizzle with chocolate and mango sauce and sauce remaining in the banana cooking pan. Place mango ice-cream in tulip cookie cups and place on plates.

A Cubano Bread Pudding Brûlée with Añejo-Espresso Caramel

Serves 6

"In creating this recipe, I thought what a beautiful child classy crème brûlée and seductive bread pudding would make together," said Norman Van Aken. For this recipe, soak the raisins in rum overnight or at least for several hours. You can use a single baking dish instead of individual ramekins, if you prefer.

Bread Pudding Brûlée

- 6 tablespoons raisins
- ¼ cup aged añejo rum
- 1 cup sugar
- 1 vanilla bean, split in half lengthwise
- 1 quart heavy cream
- 1 whole nutmeg ground

A Cubano Bread Pudding Brûlée with Añejo-Espresso Caramel



- 1 cinnamon stick, ground
- 10 eggs yolks
- 2 cups cubed slightly stale Cuban or French bread

Añejo-Espresso Caramel
(see recipe)

- 3 tablespoons sugar

To prepare bread pudding: Soak raisins in rum overnight. Place 1 tablespoon sugar on a work surface. Scrape out vanilla bean seeds onto sugar and smear around to coat seeds. Place sugar-vanilla mixture in a saucepan and add cream, vanilla bean, nutmeg, cinnamon and $\frac{1}{2}$ cup sugar. Bring mixture to just under a boil. Remove immediately from heat and let steep 20 minutes.

In a large mixing bowl, whisk together egg yolks and remaining sugar until thick and pale. Slowly whisk in a small amount of hot cream mixture to temper egg mixture, stirring continuously to prevent eggs from cooking. Add a little more at a time until egg mixture is warm. Slowly pour tempered mixture into remaining hot cream and whisk until smooth. Pass through a fine strainer.

Strain rum from raisins, reserving rum. Sprinkle raisins in the bottom of six 1-cup (8-ounce) ramekins. Add 4 or 5 cubes of bread to each ramekin, on top of the raisins, and sprinkle bread with reserved rum. Fill each ramekin with custard. Allow to sit 15 to 20 minutes before baking. While resting, occasionally push down bread lightly with the back of a spoon so it absorbs more of the custard.

Meanwhile, preheat oven to 350° F. Place ramekins in a baking pan lined with a towel (to prevent ramekins from sliding). Add enough boiling water to the pan to come about halfway up the sides of the ramekins. Cover pan loosely with aluminum foil.

Bake in oven about 40 to 60 minutes, until set but still slightly jiggly. When cooked, remove ramekins from water bath and chill about 2 hours. Meanwhile, prepare the añejo-espresso caramel.

To serve, sprinkle tops of each



Duval Street "Café Con Leche" Cake with a "Hot-Hot" Honey

ramekin with about $\frac{1}{2}$ tablespoon sugar. Using a handheld propane torch, caramelize the sugar all over the surface (alternatively, place under a very hot broiler or salamander).

Remove ramekins and allow tops to harden for a minute. Serve with warm añejo-espresso caramel in a little side dish.

Añejo-Espresso Caramel

Makes about $\frac{1}{2}$ cup

- 2 tablespoons cold water
- $\frac{1}{2}$ cup sugar
- 5 tablespoons hot water
- $\frac{1}{2}$ teaspoon fresh lemon juice
- 2 teaspoons aged añejo rum
- $\frac{1}{4}$ cup freshly brewed espresso

In a heavy saucepan, combine cold water with sugar and cook over medium-high heat until golden brown, stirring only occasionally. Whisk in hot water, taking care as it will splatter somewhat. Add lemon juice, rum and espresso, and return to a boil. Boil 1 to

2 minutes, until it lightly coats the back of a spoon. Remove pan from heat. (If the caramel seems to thin, boil it for a little longer.)

Duval Street "Café Con Leche" Cake with a "Hot-Hot" Honey

Makes 6 servings

Cappuccino gets a new twist in this dessert recipe. A sprinkle of cinnamon or chocolate powder on top will make it look truly authentic.

Cake Batter

- $\frac{3}{4}$ cups sifted flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup ground espresso coffee, reground in a coffee grinder or blender
- $\frac{1}{2}$ cup ground blanched almonds
- 4 eggs at room temperature
- $\frac{3}{4}$ cup sugar
- 4 tablespoons butter, melted and cooled
- 6 tablespoons sugar

Topping

- 1 cup heavy cream
 - 1 recipe prepared "Hot-Hot" Honey (see recipe below)
- Tia Maria liqueur

Prepare honey and reserve.

Preheat oven to 325° F. Butter 6 oven-proof coffee cups and lightly sprinkle with sugar. Set aside.

To prepare cake batter: Sift together flour, baking powder, salt and espresso into a medium sized bowl. Gently stir ground almond into sifted ingredients and set aside.

Separate eggs, placing yolks into a mixer bowl and reserving whites in another clean, dry bowl large enough to whip them. Beat egg yolks in an electric mixer at medium speed and gradually add 6 tablespoons sugar. Increase speed to medium-high and beat until mixture is very pale and quite thick (about 4 minutes). Mix in butter and set aside.

Now beat whites until frothy. Gradually begin adding remaining 6 tablespoons of sugar, 1 tablespoon at a time. Gradually increase the speed to high and whip the peaks until they are stiff, but not dry. Add dry ingredients to

the egg yolk mixture all at once. Stir half of whipped egg whites into egg yolk mixture. Then gently fold in remaining egg whites with a rubber spatula until mixture is uniform and no white appears.

Pour equally into prepared coffee cups. Place cups in a baking pan (they would easily tip on the racks in the oven). Bake cakes about 30-35 minutes or until a toothpick comes out of the center of the cake cleanly. Remove from oven and let cool.

When ready to serve, re-heat the oven to 425° F and return cakes to oven about 8 minutes. Drizzle (approximately ½ teaspoons per cake) Tia Maria liqueur over each cake. In a large bowl, whisk cream to stiff peaks. Spoon whipped cream over each cake so it looks like a café con leche and drizzle with honey.

"Hot-Hot" Honey

- ½ cup honey
1 teaspoon of crushed red pepper

Bring honey to a boil in a small heavy saucepan. Add crushed red pepper and turn off heat. Allow to steep one hour. Strain and reserve.

An Aromatic Stirfry of Tropical Fruits in Spiced Crêpes

Makes 6 Servings

"I also like to serve this drizzled with a bittersweet chocolate sauce, sbredded, unsweetened, toasted coconut and/or ice-cream," Chef Van Aken said.

- 5 tablespoons grapeseed oil or Aromatic Dessert Oil (see recipe)

Crêpe Batter

- 3 eggs, beaten
1 cup milk
1 cup flour
¼ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground cloves
2 tablespoons melted butter

Stirfry

- 1 banana, peeled and cut into small cubes, (best done at last moment)
½ of a mango, peeled, pitted and cut into small cubes
1 carambola, (star fruit) thinly sliced and cut into quarters
1 cup diced pineapple

Great Chefs Résumé

Norman Van Aken

as taped at Norman's
Coral Gables, FL



He has been called "a Picasso in the kitchen," "a living legend among Epicureans everywhere" and "an artist of succulent talents." He is, in fact, Norman Van Aken, the chef credited with inventing the stylish South Florida nouvelle-tropical melting pot genre in the 1980s, first at his original Louie's Backyard in Key West, and then at a Mano in Miami Beach.

In 1995, following a two-year hiatus from the restaurant business to write a cookbook, Norman Van Aken returned with Norman's, and his followers were exuberant. At the "pistol hot" Norman's,

Van Aken mans the stoves, astonishing his patrons with new taste delights and new applications for his native South Florida products. The dishes that come to the table at Norman's are a beguiling combination of exotic elements and colors.

Van Aken was nineteen in 1971 when he and friends in Champaign-Urbana, Illinois, decided to drive a day and a half straight to Key West, Florida. "It was just like Candy Land," Van Aken reminisced years later. It wasn't long before his wonder of the place compelled him to relocate there. He began learning about South Florida's tropical fruit in small Cuban restaurants and was immediately mesmerized by the array of drinks made from the region's exotic fruits. Not impressed with the structured, as he called it, "French-toque guy" approach to cooking, he began forging his own style. "I

began to consciously tear myself away from the French and the Italian and drive myself to find out more about Spanish, Caribbean, Central and South American cuisines—influences that I felt would give my cuisine a much more regionalized stamp and flavor and appeal."

In the late 1980s he brought this signature cuisine to the rest of the nation with his first cookbook, *Feast of Sunlight*. The *Great Exotic Fruit Book* followed in 1995. A third book, Norman Van Aken's *New World Cuisine*, was next.

Van Aken has been featured live on *Good Morning America*, *TVFN*, *CNBC* and appeared on the pages of *Bon Appetit*, *USA Today*, *Food Arts*, *Food & Wine*, *The Wine News*, and *Art Culinaire*. In 1997 he received the industry's highest award, the James Beard Perrier-Jouet Great American Chef, Southeast, award.



An Aromatic Stirfry of Tropical Fruits in Spiced Crêpes

- 1 cup seeded, diced watermelon
- 1 tablespoons spiced rum
(like Captain Morgan's)
- 1 cup apple cider (or juice)
- Juice of one lemon
- ½ cup honey

Prepare dessert oil if using.

To prepare batter: Whisk eggs and milk together in a large bowl. Beat in flour, salt, cinnamon, cloves, melted butter and 2 tablespoons dessert oil until batter is smooth.

To prepare stirfry: Heat remaining 3 tablespoons of oil in a large skillet or wok. When oil is hot add fruits and sauté until just softened, about 2 minutes, stirring occasionally. Remove fruit from skillet with a slotted spoon and place in a bowl.

Add rum to skillet and carefully deglaze by igniting a match and letting the alcohol burn off over medium-high heat. When rum has thoroughly burned

off add cider, lemon juice and honey and reduce mixture to a syrup (about 15 to 20 minutes). Keep mixture warm until needed. If this mixture gets too thick just whisk in a tiny bit more cider or juice.

To make crêpes: Heat a nonstick crêpe pan or skillet over medium-high heat. Add 3 tablespoons batter and cook crêpe 20 seconds for the first side and 10 seconds for the second side or until brown spots appear on the pan side of the crêpe. Keep warm, and repeat for remaining crêpes (you will need 12 crêpes).

To serve: Spoon about 1½ tablespoons reserved stirfry mixture into 1 quadrant of each crêpe. Fold crêpe in half and then in half again, so it is in a quarter-circle shape. Place two crêpes per person on plates or in shallow soup plates and then with a spoon, drizzle warm fruit syrup over folded crêpe.

Aromatic Dessert Oil

Makes ¾ cup

- ¼ teaspoon cloves
- ¼ teaspoon coriander seeds
- 1 vanilla bean, split in half lengthwise
- 1 cup grapeseed oil
- 2 cinnamon sticks
- 1 orange, thinly sliced (peel left on)

Heat cloves and coriander in a saucepan, and toast over medium heat until fragrant. Scrape seeds out of vanilla bean and add seeds and bean to the pan. Add oil and cinnamon sticks, and heat until almost boiling. Turn off heat. Place orange slices in a non-reactive bowl and pour oil over. Cover and let infuse overnight. Strain before using.

Toasted Pecan Caramel Tart with Jamaican Blue Mountain Coffee Bean Anglaise

Makes one 10-inch tart

You may substitute 1 recipe basic pie dough half-baked at 475° F for 10 minutes for the *pâte risée*.

Pâte Brisée Tart Crust

- 1½ cups flour
- ¼ teaspoon baking powder
- ¼ teaspoon shortening
- ¼ cup shortening (such as Crisco)
- ¼ cup cold milk

Filling

- 1 cup butter
 - 1 cup firmly packed brown sugar
 - 3 tablespoons granulated sugar
 - ¼ cup honey
 - 1 pound whole pecans, toasted
 - ¼ cup heavy cream
- Coffee Bean Anglaise (see recipe)

To prepare crust: Place flour, baking powder, salt, butter and shortening in a mixing bowl, and cut with a fork or pastry cutter to the texture of coarse meal. Stir in milk with a fork until mixture forms a ball. Cover in plastic wrap and refrigerate 1 hour.

Shortly before removing from refrigerator, preheat oven to 475° F. Unwrap tart crust dough and roll out so it fits into a 10-inch tart pan. Line tart crust with parchment paper and place beans or weights on top of paper. Bake crust in oven for 10 minutes, until just half-baked. Remove from oven and set aside. Turn oven down to 350° F.

To prepare filling: Melt butter, brown sugar, granulated sugar and honey in a saucepan. Over a medium-high heat, bring to a full rolling boil stirring (this is a boil that you can't stir down). Allow to boil three minutes, stirring constantly.

Remove from heat and add pecans and heavy cream. Stir. Pour into prepared crust and bake about 20 to 25 minutes. Put a cookie sheet or piece of foil under it to catch any drips. It will

be bubbling through to the middle of the tart. Remove and allow to cool completely. Serve with Coffee Bean Anglaise, if desired.

Coffee Bean Anglaise (Optional)

Makes 2-3 cups

2 cups heavy cream

$\frac{1}{4}$ cup sugar

4 egg yolks

Vanilla bean, cut in half lengthwise

1 tablespoon Jamaican Blue Mountain coffee beans or other good quality beans

Place 1 tablespoon sugar on a work surface. Scrape out vanilla bean seeds onto sugar and smear around to coat the seeds. Place sugar-vanilla

mixture and half of remaining sugar in a saucepan, add cream and coffee beans. Over medium-high heat, bring to a scald (just barely bringing the milk to boiling point). Remove from heat. Whisk together yolks and the other half of the sugar until thick and pale (about 1 to 2 minutes). Slowly whisk in a small amount of hot cream mixture to temper, stirring continuously to prevent eggs from cooking. Add a little more at a time until egg mixture is warm. Slowly whisk the tempered mixture back into the pan of cream. Cook over low heat while stirring with a wooden spoon about 1 to 2 minutes, until the mixture coats the back of a spoon. Using a fine mesh strainer, strain the custard and keep warm. 

Toasted Pecan Caramel Tart with Jamaican Blue Mountain Bean Anglaise



Looking to shed pounds doesn't always have to start with cutting out the desserts.

watching the calori

By Heidi Reichenberger

For many, the ideas of eating dessert and watching calories are at opposite ends of the spectrum. Often, when one tries to shed a few pounds sweet pleasures are first to go. Or, an attempt to make a low-fat or low-calorie dessert results in a less-than-tasty treat. There is, however, a happy medium between these two extremes. Recently, Chef Kathleen Daelemans shared her views of how desserts and

eating more healthfully can come together.

Daelemans states her love of dessert and refusal to live without it, lead to her interest in creating healthier, lower-calorie desserts. She admitted, "I had to change my idea of dessert." When she first approached giving desserts a healthy twist she stated, "I had to start looking at various kinds of desserts as well as ingredients not typically used in ►



Chocolate Cake



AS

Great Chefs Résumé

Kathleen Daelemans

as taped at Café Kula
Grand Wailea Resort
Wailea, Maui, HI



Kathleen Daelemans was determined the guests at Café Kula, one of the Grand Wailea Resort's restaurants, would not only dine on spa food, but they would love what they tasted. She liked the idea of big plates of big food with plenty of color, texture and flavor.

Daelemans was a good 30 pounds overweight when she was asked to open the restaurant in 1991, but she did it anyway and in the process, took off the weight at the same time. She came to Maui from San Francisco's Zuni Café where she worked with Judy Rodgers. On the island, Daelemans developed a repertoire of dishes that were low in cholesterol, fat, sugar and sodium, but still pleased the palate and all the other senses.

The beautiful ripe fruits and vegetables available from local farmers inspired her to create breakfasts of island fruits such as blood oranges infused with rosemary and maple syrup.

Daelemans has since left Hawaii and moved to California. She has appeared locally on television, and on such national programs as "The Home Show," and in magazines such as Bon Appetit, Self, McCall's and Time.

desserts that I could incorporate into recipes. Realizing that sumptuous desserts do not always have to be laden with sugar and fat was the beginning. Conversely, I had to accept that not every dessert should be made lower in fat or calories. Dessert is something one has to make room for. There are times when I really want a decadent, rich dessert, so I make room for it by exercising and eating healthy, cutting back where I can. In fact, I created a guideline for dessert: High-

calorie dessert on light-meal nights and only a very mindful portion. A big part of it is simply filling up space—giving your hands and mouth something to do after dinner."

To start with, Daelemans prefers building dessert recipes around naturally healthful and best ingredients, such as fresh fruit in the peak of season. But adds, "Sometimes I'll eat a little bit of the real thing without touching the recipe. I find I consume less when the food is deeply satisfying from the first taste. I always look at cutting calories, unless it will affect the integrity of the recipe. I don't believe in say, fat-free or low fat pound cake." Daelemans refuses to use non-fat or low-fat ingredients as replacements for higher fat ones and won't approach a very high calorie/high fat recipe and attempt to make substitutions. She doesn't believe fat is the enemy, offering instead that eating more calories than you should consume in a day is the enemy, and fat is part of that. Have a small portion of the real thing, and just don't have a high calorie dessert after a big steak- and-potatoes meal.

When beginning a new recipe, Daelemans looks at the many variations that exist, picks the healthiest and uses that as her base. For example, some cake recipes use butter; some use oil; and some use buttermilk. She recommends selecting the buttermilk recipe, "because it's naturally lower in fat. Otherwise, replacing the butter or oil with other ingredients, such as applesauce or prunes, results in an inferior, mediocre product. So, you're unsatisfied and eat something else until you are satisfied. Now you've eaten more calories than had you simply eaten a small amount of the real thing." If you want dessert, make room for it and have a good-quality dessert. But also, get used to other things. Daelemans encourages, "Have perfectly ripe melon and know how wonderful that can be or peak-of-season strawberries with real orange juice poured over them. And balance that with some gooey treats once in a while,

in small portions. Portion control allows you more dessert choices."

Daelemans will sacrifice nothing to improve the health or decrease the calories in a recipe. But she doesn't believe there's a need to as long as you balance what you eat and watch portions, you can have it all.

For those interested in creating their own healthier desserts, Daelemans reminds them, "Individual recipes and desserts are not the problem. It's lifestyle—the exercising and the breakfast, lunch and dinner before dessert—that will produce results." She encourages experimentation, "Every time you try a recipe, cut back a bit on a high calorie ingredient. For example, if the recipe calls for 1 cup of sugar, try three-quarters of a cup, if that works, next time try 2/3 of a cup, etc., until you find the amount that will lower the calories and still result in a good dessert. Nothing is ever as good as the real thing but you can get to a certain level of satisfaction by making small changes, gradually."

Choosing to follow Daelemans' guidelines will allow us to have our cake and eat it too, just not everyday. The bottom line is: Take pleasure in dessert, but make room for it, whether it be a rich, creamy crème brûlée or the season's best peaches drizzled with raspberry purée. Use activity and eating habits over the course of the day or several days as a guide when selecting which type of treat you'll enjoy. To help you, Daelemans has taken her interest in healthy cooking and expanded it to all kinds of recipes. She's publishing a cookbook scheduled to be in bookstores in August of 2001, *Cooking Thin with Chef Kathleen, 200 Easy Recipes for Healthy Weight Loss*, from ReganBooks. So, be on the lookout for it.

Kathleen's Low-Fat Chocolate Chip Ice- Cream Sandwich

Makes 8 cookies, serves 4

Hard to believe, but each of these cookies has only 2 grams of fat. ►



Kathleen's Low-Fat Chocolate Chip
Ice-Cream Sandwich

Sucanot, which is evaporated cane juice, gives a distinct molasses-like taste to the cookies. The ice-cream should be made a day ahead; purchased low-fat frozen yogurt or sorbet can also be used.

- 2½ cups whole-wheat flour
- 1½ teaspoons baking soda
- 1 teaspoon salt
- ½ cup (1 stick) unsalted butter at room temperature
- 1 banana, puréed in a blender or food processor (½ cup purée)
- ¾ cup Sucanot (available at natural food stores)
- ¾ cup lightly packed light brown sugar
- 1 teaspoon vanilla extract
- 4 egg whites
- 8 ounces non-dairy chocolate chips (available at natural food stores)
- 4 scoops Kathleen's Virtually No-Fat Chocolate Ice-Cream (recipe follows)
- 4 ounces bittersweet chocolate, melted, or cocoa for dusting (optional)

Preheat oven to 275° F. Line baking sheet with parchment paper or aluminum foil. In medium bowl, stir flour, baking soda and salt together. Set aside. In another medium bowl, beat butter, banana purée, Sucanot and brown sugar until fluffy. Beat in vanilla, egg whites and chips. Stir in ¼ reserved dry ingredients, then fold in remainder until blended. Batter will be thick and chunky.

Scoop about 2 tablespoons of batter for each cookie and drop 3 inches apart on baking sheet. Bake 12 to 15 minutes, or until golden brown. Let cool before removing from pan. Cookies will be chewy; if you prefer them crunchy, bake at 325° F.

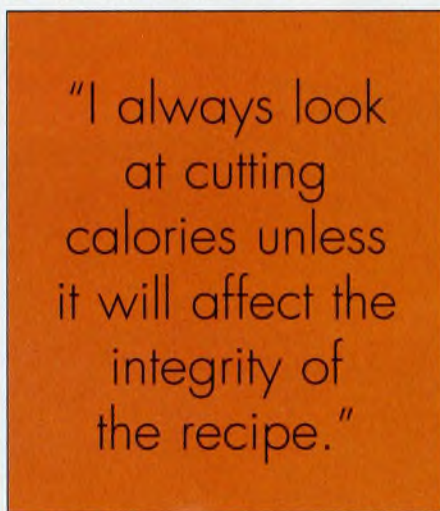
To serve: Place one cookie on each serving plate and top with a scoop of ice-cream. Lean another cookie against the ice-cream. Drizzle with melted chocolate or dust with cocoa if desired.

Kathleen's Virtually No-Fat Chocolate Ice-Cream

Makes 2 quarts

- 4 pounds slightly overripe bananas, peeled (10 to 15 bananas)
- ⅓ cup unsweetened cocoa powder

Line baking sheet with parchment or waxed paper and place bananas on paper. Freeze overnight. Remove from freezer and place in bowl of a food processor. Add cocoa powder. Pulse until smooth and creamy. If necessary, this can be done in two batches. Freeze in an ice-cream freezer according to the manufacturer's instructions.



Variations:

Add 1 teaspoon flavor extract such as almond or peppermint.

Add 1 teaspoon liqueur such as Grand Marnier or crème de menthe.

Add the grated zest of ½ orange and 1 cup almonds, crushed.

Guiltless Bittersweet Chocolate Pie

Serves 6

Guiltless, silky smooth, and rich tasting—this may be the perfect chocolate pie. This basic recipe can be garnished with different kinds of fruit and different colors of chocolate. Silken tofu is available in the Asian foods section of grocery stores; it is creamier than firm tofu. Fruitsource is a liquid sweetener.

Crust

- 10 low-fat graham crackers, broken
- 2 tablespoons maple syrup
- 2 tablespoons canola oil
- 2 tablespoons water

Filling

- ½ cup Fruitsource (available at natural food stores) or honey
- ¼ cup maple syrup or honey
- 21 ounces silken tofu
- 1 tablespoon vanilla extract
- ¾ cup unsweetened cocoa

Garnish

- ¾ cup Raspberry Purée (see Basics)
- ½ cup banana slices
- 18 fresh raspberries
- 6 fresh mint leaves
- Unsweetened cocoa for dusting
- 6 tablespoons grated white chocolate

To make crust: Preheat oven to 350° F. In food processor, grind crackers to fine crumbs. Pour into a medium bowl, add remaining ingredients and mix together until it forms a mass. Or, to make by hand, combine all ingredients in small bowl and stir together until mixture forms a mass. Transfer dough to an 8-inch pie pan and press with your finger to form a ¼-inch thick shell. Bake 8 minutes or until set and lightly browned. Let cool in pan.

To make filling: In medium saucepan over medium heat, combine Fruitsource and maple syrup or honey and cook 5 minutes. In blender or food processor, combine this mixture with tofu, vanilla and cocoa and blend until smooth. Pour mixture into pie crust. Refrigerate at least 2 hours or until firm but pudding-like.

To serve: Cut pie and place slices on individual dessert plates. Sprinkle 2 tablespoons of raspberry purée on each plate and garnish with a few banana slices, 3 fresh raspberries and a mint leaf. Sprinkle rim of plate with cocoa and sprinkle 1 tablespoon of grated white chocolate over the pie. ▶



Guiltless Bittersweet
Chocolate Pie

Chocolate Cake

Serves 12

A rich prune taste comes through in this dense chocolate cake, made with only 1 tablespoon of oil. The bright drizzles of fruit purée add eye appeal and an intense flavor boost.

- 1 cup chocolate liqueur
- 1 cup pitted prunes
- 1 cup sugar
- 1 cup nonfat milk
- 1 tablespoon canola oil
- 1 tablespoon white wine vinegar
- 1 teaspoon vanilla extract
- 1½ cups unbleached all-purpose flour
- ⅓ cup unsweetened cocoa powder
- 1 tablespoon ground espresso or instant espresso powder
- 1 teaspoon baking soda

Garnish:

- 1 cup raspberry juice
- 1 cup passion fruit purée
- 4 ounces white chocolate, melted
- 4 ounces bittersweet chocolate, melted

Line bottom of a 9-inch springform pan with parchment or waxed paper and coat with vegetable oil spray. In small saucepan, combine liqueur and prunes and simmer over low heat for 20 minutes. Set aside and let cool to room temperature. Put in blender or food processor and blend until smooth.

Preheat oven to 350° F. In large bowl, combine prune purée, sugar, milk, oil, vinegar and vanilla. In another medium bowl, combine flour, cocoa powder, espresso and baking soda. Add dry ingredients to wet ingredients in fourths, stirring until completely blended. Batter will be thick.

Pour batter into prepared pan and bake 30 to 40 minutes, or until a toothpick inserted in the center comes out clean. Remove cake from oven and let cool for 10 minutes. Remove sides from the pan, set pan on a wire rack and let cool completely.

To serve: Place sauces and melted chocolates in squeeze bottles. Drizzle each dessert plate with purées and

bittersweet chocolate. Place a slice of cake on each plate. Drizzle melted white chocolate over each slice.

Banana Split

Serves 2

This healthful banana split is a riot of fruit. Any pleasing combination of fruits can be used. The chef suggests using up leftover fruit by cutting out any bruised or spots and freezing the fruit until enough is accumulated to make the sorbet.

- 2 firm ripe bananas, peeled
- ½ cup mixed sliced fresh fruit such as oranges, raspberries, pineapple, mangoes and kiwi fruit
- 4 scoops Fruit Sorbet (recipe follows)
- Raspberry purée for topping


Slice bananas lengthwise and place 2 halves along sides of each serving dish. Place fresh fruit between banana halves. Place 2 scoops of sorbet on each bed of fresh fruit. Drizzle with raspberry purée.

Fruit Sorbet

Makes 1 quart

This extremely flexible recipe can be made with nearly any amount of fruit; just keep the amount of apple juice in proportion to the quantity of fruit.

- About 2 pounds fresh or frozen peeled fruit pieces and/or berries
- About ½ cup unsweetened apple juice or other juice as preferred
- Liqueur and/or flavor extracts to taste (optional)

Let fruit thaw slightly if frozen. Put fruit and juice in a blender or food processor and purée. Freeze in an ice-cream maker according to manufacturer's instructions. If mixture is too thick, thin by adding a little more juice; if too runny, add more fruit. Liqueurs and flavor extracts can be added in combination with fruit. Add any liqueur to mixture when it is partially frozen, then return it to freezer. 





Banana Split with Fruit Sorbet

and Pastries

By Barbara Grunes

A mainland chef takes his expertise to a pa

While the childhood cry of “What’s for dessert?” may not be heard in adulthood, it doesn’t lessen the desire for a delicious, sweet ending to a perfect meal. Americans are certainly a nation of dessert lovers. For example, at our home we realize my husband only eats dinner in order to get to the sweets. Dessert certainly marks the pinnacle of most meals. No course in the meal produces the anticipation, elicits the oohs and ahs and afforded the satisfaction as a pastry or pie created with special attention and dedication.

Nothing has the appeal and taste of the first fresh fruit or berry pie of the season. A bubbling fresh fruit pie is always a special treat. Most fruits and berries are abundant from early summer through fall. Winter pies often prepared after the close of the fresh fruit and berry seasons, make use of ingredients easily obtained even when the land, orchard and berry patches are frozen up and snowed over. These pies ►





ific paradise to create tropical treasures.

Kona Coffee-Chocolate Cheesecake



Hawaiian Sweet Potato Cakes with Pineapple Ice-Cream and Coconut Crème Fraiche

include nut pies, raisin, preserved and dried fruits.

Pastries on the other hand, are also a perfect sweet ending to a meal with available ingredients all year round. There is no celebration that is complete without a cake. There is no gastronomical feat that pleases a person more than serving a beautiful, perfect, cake, light and tender, delicately flavored or with a combination of complimentary flavors. We all want to improve our repertoire and perfect one more great pie or pastry.

An interview with Pastry Chef Marc Hetzel of the Four Seasons Resort of Maui, Hawaii, is very helpful and informative to the nonprofessional cook in expanding baking interests. While at the same time he provides basic, yet glorious recipes for the home cook to add her, his or their repertoire. The pies and pastries in these recipes depend on local, Hawaiian products to enhance their individual flavor. How lucky to have these fruits and produce virtually at ones doorstep, helping to make magic combinations. But we are also lucky on the mainland, because many of these ingredients are available here. Ask and look around at you large supermarkets and specialty food stores for fruits that you need for the recipes. Following in the footsteps of Hetzel, you too can use local ingredients that are fresh and readily available. Now, with the availability of rapid transportation, fresh fruits are available all year long. You can prepare the pie or pastry of your choice most any time of season and with the greatest of success.

The most inventive and expansive realm in recent home cooking is surely in the dessert arena. American home cooks are exploring and turning their creative attentions to a wide spectrum of desserts, from old-fashioned and classic desserts to new, rich and elegant desserts and, in some cases, to a lighter and more healthful dessert. The home cooks are looking for ideas in the kitchens of the finest restaurants and hotels. They find contrasting motivations



Mark Hetzel

as taped at
The Four Seasons Resort Maui
Wailea, Maui HI

Mark Hetzel entered the Culinary Institute of America to become a chef, but under the influence of one of his instructors, Albert Kumin, he decided he wanted to specialize in pastry. At Kumin's International Pastry Arts Center, he learned to create desserts that thrilled and excited. Later, at Lenotre in Paris, he further developed his skills.

Hetzel worked as pastry chef at the Four Seasons Inn on the Park in Houston and set up the pastry program for Rock Resorts on the island of Lanai. At The Four Seasons Resort he uses local fruits, and loves working with chocolate. "I'm not an artist," he says with a laugh, "but I seem to have good luck with chocolate." Hetzel also works to reduce the sugar content of his desserts, keeping them as light as possible.

have emerged in dessert planning and preparation. The nostalgic with the innovative, the simple and basic with the glamorous and exotic, the richer and heavier with the lighter.

Hetzel says, "Try new combinations of flavors that you enjoy in your recipe, it might work well." The flavors of Hawaii play an important roll in the recipe development of our recipes. Hetzel's favorite fruit is the lilikoi, a fresh passion fruit less acetic than the mainland counterpart and very refreshing. "I can't wait for it to be in season. It is too bad that it is only available such a short time." Many fruits come to market in short 3- or 4-week seasonal bursts. In Hawaii, pineapple and papaya are always available and Hetzel's treatment of pineapple is most interesting. He takes the sliced pineapple, braises and roasts it, which brings out the most delicate of flavors. His newest recipe has thin layers of puff pastry, with pineapple set in a tart like dessert with an ice-cream mold and a coconut parfaits arranged in the center of the ice-cream. Sounds just wonderful.

"...Because of the warm temperature and the abundance of natural flavors that are available, ice-cream and sorbet are very popular in Hawaii. My favorite style of dessert is an ice-cream plated with something warm or with a wonderful assortment of fresh fruits." He continues, "There is

even a native chocolate grown in Hawaii." This is an interesting food fact, because it is the only chocolate grown and produced in North America. The supply is limited so if you are interested in obtaining some chocolate, ask for it at specialty food stores.

Hetzel is a native of Ohio, and started working in the restaurant of his friend's mother to help support himself during business school. This was the beginning of a brilliant career.

His advice to the aspiring cook is to read books and magazines, because it opens the mind to new ideas. "Don't be afraid of experiment, don't be confined by rules." The cook should think about recipes from the family collection. Learn from the grandmother's. "We do that a lot in Hawaii. This is a natural observance, because Hawaii is made up of such ethnic diversity and there is such richness in such a situation. So to translate this thought, think about some dessert your grandmother made and maybe a holiday specialty pie, and perhaps bring it to the next level and take it up to the next step. These recipes are treasures and should not be lost."

Delight family and friends with home-baked desserts beginning with Deep-Dish Banana-Coconut Cream Pie and continuing through delicate cakes. You can present desserts like an expert. A small serving of a pastry made with ►

care, along with a cup of good coffee or tea, will show your friends and family how much you really do care.

Deep-Dish Banana-Coconut Cream Pie

Serves 6 to 8

Mounded high in a sugar crust, resting on a thick layer of chocolate and nougat, caramel mousse and coconut cream support arches of chocolate-glazed bananas that are hidden by whipped cream until the pie is cut. Plan ahead: the dough for the crust must be made the day before, and the nougat can be made several days ahead. You can save time by using ready-made peanut brittle.

Sugar Crust Dough

- 1 cup (2 sticks) unsalted butter
- ½ cup confectioner's sugar
- 2¼ cups unbleached all-purpose flour
- 1 egg white

Chocolate Glaze

- 7¼ ounces bittersweet chocolate, chopped
- 18 ounces coating chocolate
- 5 tablespoons peanut oil

Peanut Nougat (recipe follows), or 1 pound peanut brittle

- 6 finger-sized bananas, peeled

Caramel Cream

- 4 teaspoons unflavored gelatin
- ½ cup plus 3 tablespoons cold water
- 1 cup plus 6 tablespoons sugar
- 3 egg whites
- 5 egg yolks
- 1½ cup heavy (whipping) cream, whipped to stiff peaks

Coconut Mousse

- 2 teaspoons unflavored gelatin
- ¼ cup cold water
- 2 tablespoons Coco Lopez or other coconut syrup
- 1 cup heavy (whipping) cream
- ¼ cup flaked fresh coconut (see Basics)

We all want to improve our repertoire and perfect one more great pie or pastry.

Topping

- 2 cups heavy (whipping) cream
- 1 tablespoon sugar

To make dough: In a medium bowl, mix butter and sugar together. With a pastry blender or your fingers, work flour into butter mixture until it resembles coarse meal. Stir in egg white and stir until it forms a ball. Wrap dough in plastic wrap and refrigerate overnight.

The next day, bake crust: Preheat oven to 350° F. Line bottom of a 10-inch springform pan with parchment paper or butter pan. Roll dough out ¼-inch thick on a lightly floured board. Using bottom of springform pan as a template, cut a circle out of dough and place it in bottom of pan. Cut a strip of dough 3 inches wide and long enough to circle inside of pan, and roll into a spiral. Place it on end in pan and unroll it around inside edge of pan. Press ends and bottom seam together to seal. Bake until light golden (8 to 10 minutes). Let cool.

To make glaze: In a double boiler over barely simmering water, melt chocolate and stir in coating chocolate. Cook until chocolate melts and reaches 100° F on a candy thermometer. Stir in oil and blend thoroughly.

Remove crust from pan, place it on a serving plate, and brush inside with chocolate glaze. Crumble peanut nougat (peanut brittle) with a small mallet or other heavy object. Reserve ¼ cup and sprinkle remaining ¾ cup in a thin layer over bottom of crust. Line a baking sheet with aluminum foil or waxed paper. With a small fork, dip bananas in chocolate glaze and place on prepared pan to set.

To make caramel cream: In a small

bowl, sprinkle gelatin over ¼ cup of cold water to dissolve. In a heavy medium saucepan, cook ½ cup plus 2 tablespoons sugar over medium heat to a pale amber color, 320° F on a candy thermometer. Slowly pour in ¼ cup of remaining water, stirring, and continue cooking until mixture returns to 250° F, or until a small amount dropped into a glass of cold water forms a soft pliable ball. Meanwhile, in a large bowl, beat egg whites with 2 tablespoons of sugar on high speed until they form stiff peaks. When caramelized sugar is at proper temperature, slowly add it to whites, beating whites continually as you pour. Add gelatin mixture and beat until mixture cools to room temperature.

In a deep bowl, beat egg yolks until pale in color. In a heavy, medium saucepan, combine remaining ½ cup plus 2 tablespoons sugar and remaining 3 tablespoons water. Cook over medium heat to 250° F, or until mixture is thick and bubbling but has not browned. Gradually beat sugar into egg yolks, continuing to beat until mixture cools. Fold yolk and egg white mixtures together, then gently fold into whipped cream. Pile into crust.

To make coconut mousse: In a small pan, sprinkle gelatin over coconut syrup and let sit 3 minutes. Place over low heat and stir until gelatin is dissolved. In a deep bowl, beat cream until soft peaks form. Slowly add coconut milk and continue to beat until soft peaks form. Stir in gelatin mixture and blend, then fold in flaked coconut. Put on top of caramel cream in crust.

To make topping: In a deep bowl, beat cream and sugar until stiff peaks form.

To assemble: Stand glazed ►



Deep-Dish Banana-Coconut Cream Pie



Lilikoi Truffle

bananas, curved side facing center, on top of pie in cream, making a circle with tips touching in center. Pile topping onto pie, mounding it into a pyramid covering bananas. With a long thin spatula, press grooves into cream all around pie from top center down to outside rim. Sprinkle with reserved chopped nougat or brittle. Chill 3 to 4 hours before serving.

Peanut Nougat

Makes 1 pound

- 2 cups granulated sugar
- ¼ teaspoon fresh lemon juice
- 2½ cups (1 pound) raw peanuts (shelled)

Lightly oil a piece of marble or a baking sheet. In a medium bowl, toss sugar with lemon juice. In a heavy saucepan, cook 1 cup of sugar over medium heat, stirring, until it turns pale amber. Add ½ cup remaining sugar and cook until it dissolves and turns pale amber. Repeat with remaining ½ cup of sugar. When last sugar turns pale amber add peanuts and stir until lightly toasted. Spread mixture out onto prepared surface and let cool. Break into large pieces with hands or small mallet and store in an airtight jar until ready to use.

Lilikoi Truffle

Serves 8

Prickly chocolate globes hide centers filled with lilikoi custard and cake. There are two kinds of lilikoi, a light yellow variety and more intensely colored Tangier variety. In this dessert, light variety is used for custard and ganache, and Tangier variety is used for garnish. You may use only one variety in dessert; it will still taste wonderful.

Lilikoi Custard

- 6 eggs
- 1 cup sugar
- ¾ cup lilikoi purée

Nothing has the appeal and taste of the first fresh fruit or berry pie of the season. A bubbling fresh fruit pie is always a special treat.

- Grated zest of 1 orange
- ½ cup (1 stick) plus 1 tablespoon unsalted butter
- 1 envelope plain gelatin
- ¼ cup cold water
- ¾ cup heavy (whipping) cream
- 1 tablespoon sugar

Bittersweet Chocolate Cake

- 6 ounces bittersweet chocolate, chopped
- 4 ounces unsweetened chocolate, chopped
- 1 cup (2 sticks) unsalted butter, cut up
- 5 whole eggs
- 4 egg yolks
- ½ cup sugar
- ¾ cup unbleached all-purpose flour
- 6 ounces bittersweet chocolate, chopped

Lilikoi Ganache

- 12 ounces bittersweet chocolate, chopped
- 9 ounces milk chocolate, chopped
- 6 tablespoons heavy (whipping) cream
- 4 tablespoons unsalted butter
- ¾ cup sugar
- ¾ cup lilikoi purée

Garnish

- Unsweetened cocoa powder for dusting
- 1 cup Tangier lilikoi juice and seeds
- 4 lilikoi, halved lengthwise
- 24 lilikoi leaves

To make custard: In a double boiler over barely simmering water, stir together eggs and sugar and let warm to 100° F. In a heavy saucepan, bring lilikoi purée, zest and butter to a boil over medium-high heat.

Meanwhile, sprinkle gelatin over cold water and let sit 3 minutes. Add a large spoonful of hot purée to egg mixture and blend, then whisk egg mixture into hot purée. Reduce heat to low and cook, stirring constantly, for 2 minutes, until mixture thickens and coats spoon. Remove from heat and add gelatin, stirring until it is completely dissolved. Set pan in a bowl of ice water and stir until cold. In a deep bowl, whip cream until it forms soft peaks, adding sugar gradually as you beat. Fold custard into whipped cream, cover with plastic wrap, and refrigerate at least 1 hour; can refrigerate overnight.

To make cake: Preheat oven to 350° F. Line a jelly-roll pan with parchment paper or aluminum foil. In top of a double boiler set over barely simmering water, melt chocolates and butter. Bring temperature of mixture to 100° F. Stir to blend. Set aside.

In a medium bowl, whisk eggs, egg yolks and sugar until foamy (about 2 minutes). Stir warm chocolate into egg mixture, then stir in flour. Pour into prepared pan and spread with a spatula to fill pan evenly. Bake 10 minutes, or until just firm; do not overbake. Remove from oven. Let cool to touch, remove from pan and let cool completely on a wire rack. Using a 2½-inch-diameter half-sphere cookie cutter or glass, cut eight circles from cake. Cut remaining cake into ½-inch dice.

To make chocolate cups: In a double boiler over barely simmering water, melt chocolate. Brush eight 2½-inch-diameter half-sphere molds with chocolate to ►



form a thin shell and put in freezer to set.

To make ganache: In top of a large double boiler over barely simmering water, melt chocolates together. In a heavy saucepan, stir cream, butter, sugar, and lilikoi purée together and bring to a boil over medium-high heat. Gradually add hot cream mixture to melted chocolate, stirring constantly, until smooth and shiny. Remove pan from heat and let cool until slightly firm.

To assemble: Line a jelly-roll pan with parchment or waxed paper and place a wire rack on top. Fold diced cake into custard. Fill chocolate cup molds with custard mixture. Place cake circles over custard mixture, sealing chocolate cups.

Unmold chocolate cups, warming molds slightly with a warm towel to loosen chocolate and inverting onto a wire rack. With a small spatula or flat knife, spread ganache over cups to coat. Allow to set slightly, then touch a spatula or back of a spoon to ganache and pull it away, leaving a tiny lifted curl of ganache. Repeat randomly all over each truffle to create a prickly look. Chill in refrigerator about 15 minutes to set.

To serve: With a metal spatula, lift each truffle and place one on each dessert plate. Dust lightly with cocoa powder. Spoon 2 tablespoons of lilikoi juice with seeds around each truffle. Garnish each plate with half a lilikoi and 3 leaves.

Kona Coffee-Chocolate Cheesecake

Serves 8

A rich mocha flavoring from Hawaii-grown chocolate and coffee is blended with macadamia nuts and bananas in this dessert. finished cheesecake resembles an individual torte, surrounded by a sea of caramel sauce. Other fruits and sauces can be used for variation.

Macadamia Nut Brittle

- ½ cup sugar
- ¾ cup water
- 2 cups plus 2 tablespoons sugar
- 1 cup water
- ¼ teaspoon salt, dissolved in 2 tablespoons warm water
- 2 cups macadamia nuts

- 1 tablespoon unsalted butter
- ¼ teaspoon baking soda, dissolved in 2 tablespoons warm water
- ¼ teaspoon finely ground Kona coffee or other fine coffee

Crust

- 2 cups unbleached all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 7 tablespoons cold unsalted butter, cut in small pieces
- 3 ounces bittersweet chocolate, grated
- ¾ cup lightly packed brown sugar
- ½ cup macadamia nuts, finely chopped
- ½ cup pecans, finely chopped
- 3 ounces freshly brewed double-strength Kona coffee or other fine coffee
- ¼ teaspoon vanilla extract

Cheesecake Filling

- 6 ounces bittersweet chocolate, chopped
- 1 cup heavy (whipping) cream
- 3 tablespoons ground Kona coffee or other fine coffee
- 1 pound cream cheese at room temperature
- ½ cup plus 2 tablespoons sugar
- 4 eggs
- ¼ cup heavy (whipping) cream
- 2 tablespoons crème de cacao

Sauteed Bananas

- 3 tablespoons unsalted butter
- 2 tablespoons packed brown sugar
- 2 ripe bananas, peeled
- 2 tablespoons Tia Maria liqueur

Banana-Caramel Sauce

- 3 bananas, peeled and sliced
- 3 tablespoons orange juice
- 1 cup plus 2 tablespoons heavy (whipping) cream
- 2 cups sugar
- ½ cup water
- 5 tablespoons dark rum

Chocolate Ganache

- 1 cup plus 2 tablespoons heavy (whipping) cream

- 4 tablespoons unsalted butter
- $\frac{3}{4}$ cup sugar
- 3 tablespoons unsweetened cocoa powder
- 5 tablespoons water
- $9\frac{1}{2}$ ounces bittersweet chocolate, chopped

To make brittle: Oil a piece of marble or a baking sheet, or line a baking sheet with a silicon liner. Combine $\frac{1}{2}$ cup sugar and $\frac{3}{4}$ cup water in a small saucepan and cook over medium-high heat until sugar dissolves and mixture comes to a boil. Remove from heat and let cool. This is simple syrup. Combine simple syrup, sugar, and water and cook over medium heat to 236° F on a candy thermometer (a small amount dropped into a glass of cold water forms a soft pliable ball). Stir salt water into mixture. Continue heating to 265° F, or until same test yields a hard, pliable ball. Add nuts and continue to cook to a light caramel color, 320° F. Remove from heat, stir in butter, baking soda mixture and coffee and pour out onto prepared marble or baking sheet. Let cool. Break into large pieces and store in an airtight jar until ready to use.

To make crust: In a medium bowl, blend flour, salt, sugar and butter with a pastry blender or your fingers until it is the texture of cornmeal. Add chocolate, brown sugar and nuts and work with your fingertips until all ingredients are blended. Add coffee and vanilla and mix to form a soft dough. Wrap in plastic wrap and refrigerate 4 to 6 hours.

When ready to bake, preheat oven to 350° F. Remove dough from refrigerator and roll out $\frac{1}{4}$ -inch thick on a lightly floured surface. Using a 4-inch ring mold as a cutter, cut out 8 circles, or "cookies." Press remaining dough into eight 4-inch fluted tart shells. Place shells and cookies on a baking sheet and bake 8 minutes, or until partially set. Let cool.

To make filling: In a double boiler over barely simmering water, melt chocolate and heat to 100° F. In a small

saucepan, bring cream and coffee to a boil over medium heat. Strain through a fine-meshed sieve into chocolate. Whisk until smooth and shiny.

Preheat oven to 350° F. In a food processor or electric mixer, beat cream cheese and sugar together until light and fluffy. Beat in eggs one at a time, scraping down sides of bowl with a rubber spatula and beating mixture between each addition. Add cream and liqueur and blend. Mix in melted chocolate. Pour mixture into crusts. Bake until center is just firm (about 15 minutes). Remove from oven and let cool.

To prepare bananas: In a medium sauté pan or skillet, melt butter and brown sugar over medium-high heat. Cut bananas into thin diagonal slices. Add bananas to caramel. Add liqueur and sauté, tossing or stirring to coat all sides, until bananas are tender (about 1 minute). Remove from heat, pour out onto a plate and let cool.

To make sauce: Purée bananas and orange juice in a blender or food processor. In a deep saucepan over medium-high heat, bring cream to a boil. Remove cream from heat and stir in purée. In a medium sauté pan or skillet, combine sugar and water and cook over medium-high heat to a golden caramel color.

Carefully pour in hot cream mixture and cook for 3 to 4 minutes, stirring to blend. Strain mixture through a fine-meshed sieve into a small bowl. Peel and finely dice remaining banana into; you should have $\frac{1}{4}$ cup. Stir in rum and diced bananas. Set aside.

To make ganache: In a heavy, medium saucepan, combine cream,

butter, sugar and bring to a boil. In a small bowl, stir cocoa and water to blend, then add to cream mixture. Return cream to a boil. Place chocolate in a medium heatproof bowl and pour boiling cream mixture over chocolate to melt it. Gently stir cream mixture and chocolate together. Keep warm over warm water.

To assemble and serve: Line a baking sheet with parchment or waxed paper and place a wire rack on top. Place four sautéed banana slices on top of each cheesecake. Cover each with one of the cookies and press firmly into place. Unmold cakes onto wire rack, sealed-side down and pour warm ganache over tarts to coat them completely. Let set, then carefully lift with a spatula and place on dessert plates. Surround each cake with sauce and stand a piece of macadamia nut brittle in top of each cake.

Hawaiian Sweet Potato Cakes with Pineapple Ice-Cream and Coconut Crème Fraiche

Serves 4

Hawaii knows how to make most of sweet potatoes, combining two different colors for these sautéed cakes. Pineapple and coconut add more tropical tastes. Start ice-cream at least three days ahead. candied ginger may be made up to one month ahead.

Pineapple Ice-Cream

- $\frac{3}{4}$ cup diced dried pineapple
- 3 tablespoons Japanese bourbon or other good bourbon ▶

"My favorite style of dessert is an ice-cream plated with something warm or with a wonderful assortment of fresh fruits."

- 3 tablespoons water
- 1½ cups heavy (whipping) cream
- ¼ vanilla bean, halved lengthwise
- 3½ cups pineapple juice, reserved from
- 4 1-inch pieces ginger, peeled and sliced
- 9 egg yolks
- ½ cup sugar
- ¾ cup simple syrup (recipe follows)

Coconut Crème Fraiche

- 2½ cups heavy (whipping) cream
- 1½ cups (12 ounces) coconut milk
- 2 tablespoons buttermilk

Sweet Potato Cake

- 1 sweet potato
- 1 Okinawan sweet potato (purple variety)
- ¼ cup Maui natural sugar or other raw sugar
- 2 eggs
- ½ vanilla bean, halved lengthwise
- 2 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon
- 4 tablespoons clarified butter
- 4 strips candied ginger (recipe follows)

To make ice-cream: In a medium bowl, stir together dried pineapple and bourbon water (if using bourbon other than Japanese bourbon, dilute it by adding 1 tablespoon water). Cover and refrigerate overnight.

The next day, put soaked, dried pineapple in a fine-meshed sieve over a bowl to drain. When thoroughly drained, set soaked, dried pineapple aside and reserve. Put cream in a heavy medium saucepan; with tip of a sharp small knife, scrape

vanilla bean pod seeds into cream, then drop in pods. Bring cream, 1½ cups of drained pineapple juice (reserve rest in refrigerator), vanilla bean ginger to a boil over medium-high heat. Set aside. In a small bowl, whisk together yolks and sugar until pale in color. Stir a large spoonful of hot cream mixture into egg yolks then add egg mixture to pan. Stirring constantly, cook over medium heat 1½ minutes or until mixture thickens and coats spoon. Strain through a fine-meshed sieve into a medium bowl. Cover and refrigerate overnight.

Whisk remaining 2 cups pineapple juice and simple syrup into chilled custard. Freeze in an ice-cream maker according to manufacturer's instructions. When ice-cream is partially frozen but can still be stirred, fold in all but ½ cup of soaked, dried pineapple. Pack ice-cream in a container with a lid to seal and place in freezer. Reserve remaining soaked, dried pineapple in refrigerator for garnish.

To make crème fraiche: In a medium bowl, blend all ingredients together and let sit in a warm place (85 to 90° F) overnight.

To make potato cake: Grate sweet potatoes with coarse holes of a grater or grate in a food processor. Rinse quickly in cold water. In a medium bowl, stir sugar and eggs together. Scrape seeds from vanilla bean into flour (discard pod). Add flour and cinnamon to eggs and stir to make a smooth batter. Stir in grated sweet potatoes.

In a medium sauté pan or skillet, melt butter over medium-high heat. Place a 3 x ½-inch ring mold in pan. Spoon ¼ cup of sweet potato batter into ring, pressing it together and smoothing top. Cook 1½ minutes or until a light golden crust forms. With a metal spatula, turn mold, running a knife around inside of ring after turning. Cook 1½ minutes, or until golden, on second side. Using spatula, remove pancake in mold and drain on a paper towel. Remove mold. Repeat to make 3 pancakes.

To serve: Place each pancake on a

dessert plate and dust with confectioners' sugar. Place 2 large tablespoons of coconut crème fraiche beside each cake. Add a scoop of ice-cream to each. Scatter reserved pineapple pieces in 2 small groups of 4 to 5 pieces on each plate stand a strip of candied ginger to one side of cake.

Simple Syrup

Makes about 3 cups

- 2 cups sugar
- 1 cup water


In a medium, heavy saucepan, combine sugar and water and cook over high heat until sugar dissolves and mixture reaches a full boil (about 3 minutes). Remove from heat, let cool store in a covered container in refrigerator up to 3 weeks.

Candied Ginger

Makes 1 cup

- 10 inches fresh ginger, peeled and cut in julienne
- ½ cup sugar
- ¼ cup water
- 1 tablespoon light corn syrup
- Granulated sugar for dusting

In a heavy, medium saucepan, cover ginger with water and bring to a boil. Drain, leaving ginger in pan. In another heavy, medium saucepan, combine sugar, water and corn syrup and bring to a boil over medium-high heat, stirring constantly. Cook 2 minutes, then pour mixture over ginger. Cook ginger and sugar mixture over low heat for 1 hour. Cover and let stand overnight.

The next day, bring mixture back to a boil, reduce heat to low and simmer 1 hour. Place a wire rack over a baking sheet lined with parchment paper or waxed paper. Lift ginger out of syrup with tongs and place on rack to dry completely. Roll in granulated sugar and store in an airtight container up to 1 month. 



by Drew King

For more than 20 years, the company Dean & DeLuca has made it their mission to search the globe for the finest, most extraordinary foods and kitchenware. And once again, they do not disappoint. Dean & DeLuca has a wide variety of affordable products that include: tools for spices, barbecue tool collections, martini pictures and more. This company seemingly has everything you need to have over the Duchess of York and her immediate family. Contact customer service at (212) 675-2253 or visit them on the Web at www.deananddeluca.com.



How would you like to make your very own Ice Castle? Or how about dolphin ice cubes or even an 11 x 14 x 3-inch swan ice sculpture? It can be done. Fante's, a company that has been around since the turn of last century (1906 to be exact) has a variety of products for the consumer. However, we will be looking at the ice products this issue. The website www.fantes.com has an online catalog of all products. An ice swan, perfect for a baby shower or any celebration for that matter, can be easily made as long as you have \$20, 4 quarts of water and 48 hours. It is almost a guarantee that this swan will be swimming its way into your guests' pools.



Since 1731, Henckels has provided the world with the best kitchen utensils and with the world's finest cutlery. One featured item in the past few months has been the "Alfredissimo" knife block. This block is a combination of steel and beech. At a quick glance, this product resembles a sundial. It can hold up to six knives and a sharpening steel, basically anything from the Twin Collection range. In January 2001, Twin Collections received the "Best of Category" from the Industry Forum Design. Feel free to call (914) 749-3434 or visit www.ja-henckels.com.


Gourmet Emporium

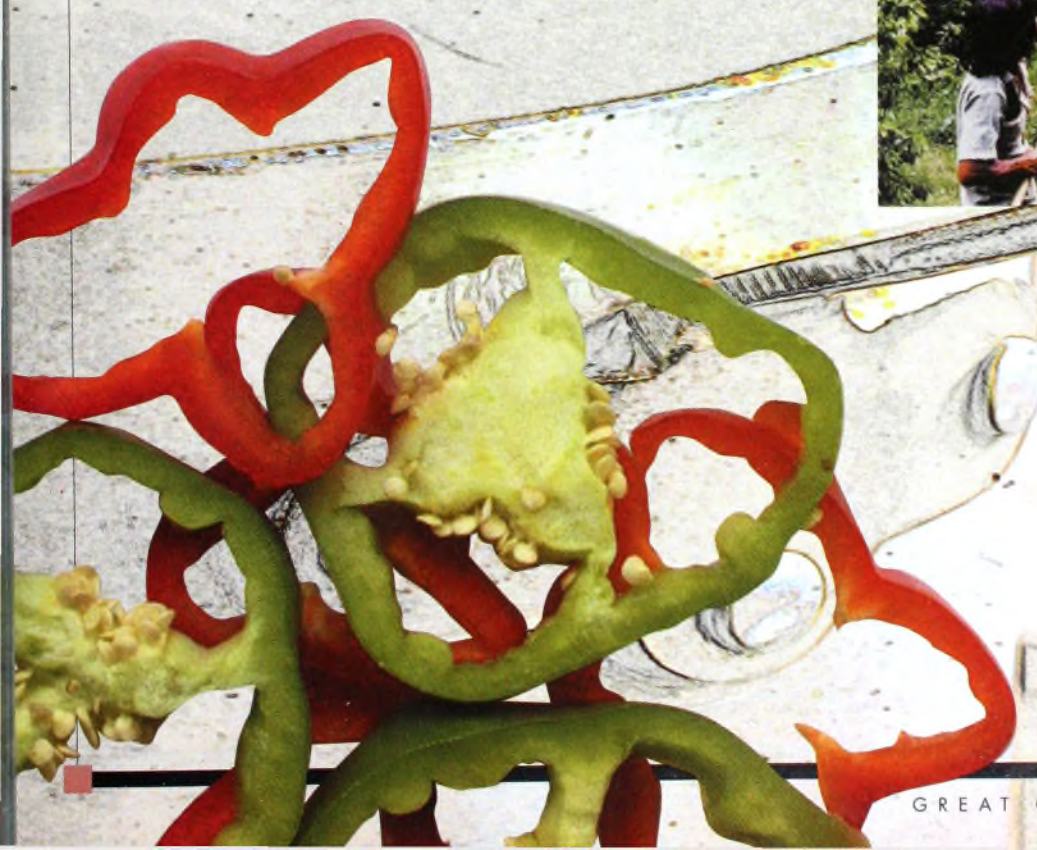


Albert Uster Imports presents finishing sauces that will not only compliment your creativity for a meal, but will add color and vibrancy to your day. Arte Piatto for the Chef is an inventive bouquet of colors and flavors that can be "compared to a fine work of art." Flavors range from the strawberry coulis to a fine, vanilla sauce. The experimentation possibilities to a dish are endless. For more information, head to their website at www.guiswiss.com or call at (800) 231-8154.





For years, Penzeys Spices has provided consumers and producers alike with a wide variety of seasonings and spices and a very affordable price. From their nutmeg, which is freshly picked day-to-day and shipped directly to your home, to their 12, 24 and 36 seasonings and spices gift baskets, Penzeys has become more than just an average company in the world of spice. Head to <http://www.penzeys.com> today to request a free catalog so you can build up your spice rack. 



g u e s t menu

By Jim Tarantino



Appetizer:

Prawns Stuffed with Goat
Cheese on Tomato Coulis

Main Course:

Black Bean Chili with
Sirloin and Asiago

Dessert:

Warm Chocolate-Hazelnut
Bread Pudding

Ever been out to dinner with friends and have one of them tell you, “Oh, you can cook better than this. Why don’t you open your own restaurant?”

Well, don’t give up your day job just yet. There’s more to it than just the food, but between you and me, it’s all it ever can be about. There’s the overhead, the linens, the dishwasher who quits on a Saturday night and the customers. But all you really wanted to do was cook. In this feature, and in the months to come, we’ll be running Guest Chef Menus through your kitchen and onto your dining table.

When you’re doing a sit-down dinner for eight, a chef could be doing it for 80, with more choices in roughly the same amount of time. Yes, a chef has a team that makes up the “back of the house,” but there’s more to it than that. It’s thinking like a chef, not like a cook. A chef thinks in an economy of space and time. You probably have more room to move in your own kitchen than the equivalent real

estate shared by a busy line crew. Thinking like a chef is little bit different than thinking like a cook.

When you’re prepping recipes there’s a tendency to do one recipe, clean up, start the next recipe, clean up and begin the next recipe with the same routine. In a restaurant, it’s a bit different. It’s 80% set-up and 20% execution. You spend the better part of the day cutting, chopping, julienning and turning your ingredients into something that you can quickly assemble when someone comes runs through the kitchen door and screams “Ordering.” Organizing the kitchen is not about where you put your knives, but rather, knowing when to use them.

Look at your ingredients, that is, all of your ingredients. How do they fall in line? Use separate ramekins or small glass tumblers to combine your dry spices before you add them. Sounds simplistic, but get interrupted once and you’ll be of wondering if you added that

teaspoon of cayenne to the dish—or was it a tablespoon? If you're really ambitious and computer literate, you can build a spreadsheet for your ingredients. You can do five-course sit downs so much easier by looking at the big picture of seeing how much of each ingredient you need and where they're used. I use my spreadsheet for a combination shopping list and comprehensive all-ingredient dinner recipe.

Handle the ingredients only once. If you're chopping onions for three recipes, save your tears and do the three portions at the same time. I also cut my lemons and/or limes first. All it takes is one small knife nick followed by a lemon attack to remind me why. Mentally, this kind of organization will keep the cooking process relaxed, and you'll be more relaxed when the guests arrive.

The first menu of this series comes from Donna Nordin, chef-owner of the Café Terra Cotta, in Tucson, Arizona. Nordin's list of awards and honors that is longer than the ingredient list of the next three recipes combined.

Prawns Stuffed with Goat Cheese on Tomato Coulis

Serves 8

Goat cheese flavored with cilantro and garlic is piped into butterflied shrimp, which are then cooked in the oven and browned under the broiler. The stuffed shrimp are served on plates sauced with a Southwestern coulis of tomatoes, cilantro, jalapeño and lime. This is a wonderful appetizer. Add a salad and a few more prawns, and you can stop right here for dinner. The coulis, if uncooked, makes a flavorful salsa.

Prawns

- 24 large prawns or shrimp (16-20 count)
- ¼ pound goat cheese
- ¼ pound natural cream cheese
- 1 garlic clove, peeled and minced
- 2 tablespoons minced fresh cilantro
- 2 teaspoons heavy cream

Salt and pepper to taste

Coulis

- 1 tablespoon olive oil
- 4 large tomatoes, peeled, seeded, and roughly chopped
- 2 tablespoons minced fresh cilantro
- 1 tablespoon minced seeded jalapeño or serrano chile

Juice of 1 lime

Salt and pepper to taste

Preheat oven to 350° F.

Remove shells from prawns, leaving tails attached. Devein prawns and then butterfly them by slicing down the curve, but not cutting all the way through. Flatten slightly, put them in a bowl of ice water and keep in refrigerator if you're planning ahead.

Mix goat cheese, cream cheese, garlic, cilantro, cream and salt and pepper together. Set aside.

To make coulis, heat olive oil in a sauté pan or skillet over medium heat and cook the tomatoes, covered, for 5 minutes. Add cilantro and chile, raise heat to medium-high and cook uncovered until all moisture has evaporated, stirring frequently. Add lime juice, salt and pepper to taste and keep coulis warm while finishing prawns.

Place prawns in oven for 3 minutes. Remove and raise the oven to 400° F. Using a pastry bag, pipe the cheese mixture into the back of the prawns and bake an additional 3 minutes.

To serve, spoon coulis onto warmed plates and arrange 3 prawns on top.

Black Bean Chili with Sirloin and Asiago Cheese

Serves 8

Two of the food groups (of people) that I've learned not to argue with are chili-heads and barbecue teams. All swear that theirs is the best and will feed you to an ounce of your life if you dare to question. But, this is a high-end elegant chili that you can serve in a puff pastry shell with a feisty Sonoma County Zinfandel or simply in a bowl with favorite micro-brew.

Menu Timing:

The menu is designed to keep you out of the kitchen and in front of your guests. With the Prawns Stuffed with Goat cheese, the coulis and stuffing should be made ahead. The recipe assembles quickly in the oven. The chili could be done the night before to give the flavors a chance to meld. Warm the chili in an electric cooking pot, sauté the tenderloin and add it at the last minute. The Mocha Framboise can be baked in the afternoon, and if refrigerated, bring it to room temperature. After you've finished the shrimp, reduce the oven heat to warm. Place the puddings back in their water bath to warm the chocolate centers. The puddings need to be warm, not piping hot.

Cubes of sirloin are seared and added just before the chili is finished so they remain tender and crisp. Hint: Toasting the spices always brings out the flavor (and you can use the spices as a rub for your favorite charcoal broiled steak).

- 1 pound dried black beans
 - 1 tablespoon ground cumin
 - ½ teaspoon cayenne
 - 2 tablespoons paprika
 - 1 tablespoon dried oregano
 - 1 dried pasilla chile (ancho or New Mexican red can be substituted)
 - 1 bay leaf
 - 1 tablespoon olive oil
 - 1 yellow onion, peeled and chopped
 - 4 garlic cloves, peeled and minced
 - 1 green bell pepper, seeded, deribbed and finely chopped
 - 4 large tomatoes, cored, seeded and roughly chopped
- Salt and pepper to taste
- 3 jalapeño chiles, seeded, ribs removed, and finely chopped
 - ½ cup fresh cilantro leaves, chopped
 - 1 pound grilled sirloin steak, cut into ½-inch cubes
 - 6 tablespoons grated Asiago cheese (Fontina may be substituted) ▶



Black Bean Chili with Sirloin and Asiago Cheese

Pour beans into colander and rinse under running water, sorting through them to remove any small stones. Soak beans in water to cover overnight, or bring them to a boil in water to cover, boil 2 minutes then turn off the heat, cover the pot and allow them to soak for 1 hour. If using latter method, cooking should continue promptly.

Heat dry skillet over medium heat and toast the cumin, cayenne, paprika and oregano until they start to become fragrant. Be careful not to burn.

Grind pasilla chile and bay leaf to a fine powder in a clean coffee or spice grinder or in a blender. Set aside.

Heat oil in a saucepan and sauté onion, garlic and green pepper over medium heat until soft and translucent (about 5 minutes). Add toasted spices, ground spices, tomatoes and a sprinkling of salt and pepper and sauté for 15 minutes, stirring occasionally.

Add vegetable mixture to beans, along with water to cover by 4 inches.

Cook on top of stove, covered, for 1½ to 2 hours, or until beans are tender. Adjust seasoning, and add chopped cilantro and jalapeños, along with cubes of sirloin, and simmer 10 minutes. Sprinkle with cheese.

Mocha Framboise

Serves 16

Raspberry, walnut, coffee and chocolate are combined into one delicious dessert. Layers of bittersweet chocolate cake and walnut cake are separated by raspberries and both chocolate and coffee buttercream. It is an inspired combination.

Cake

- 14 eggs, separated, at room temperature
- 1½ cups sugar
- 5 ounces bittersweet chocolate, melted (semisweet or other high quality dark chocolate can be

substituted)

- 1½ cups walnuts, ground in a blender or food processor
- 1 teaspoon instant coffee dissolved in 1 teaspoon boiling water

Chocolate Cream

- 6 ounces bittersweet chocolate, grated
- 1½ cups heavy cream

Coffee Buttercream

- 1 cup sugar
- ½ cup water
- 2 eggs
- 1½ cups (3 sticks) unsalted butter, softened
- 2 tablespoons instant coffee dissolved in 2 teaspoons boiling water

For Assembly

- ¼ cup Framboise or other raspberry liqueur
- ½ cup strained raspberry jam

- ¼ cup finely chopped walnuts
- 32 chocolate "coffee bean" candies

Preheat oven to 375° F. Prepare two 10 x 15 inch jelly roll pans by greasing and flouring them, then lining bottoms with parchment paper.

To make cake, beat egg yolks until light and fluffy. Slowly add 1½ cups sugar and continue to beat until mixture is thick and forms a ribbon when it falls from the beaters. Divide yolk mixture into two bowls; add melted chocolate to one bowl and ground walnuts and instant coffee to the second. Beat each well and set aside.

Beat egg whites at medium speed until foamy, then raise speed to high. Beat until stiff peaks form and then slowly add remaining ¼ cup sugar. Fold half of meringue into each of the yolk mixtures and immediately pour batter into 2 pans.

Bake 20 to 30 minutes, or until lightly browned. Remove from oven, cover pans with tea towels and let cool. Unmold and cut each lengthwise into two 5 x 15 inch pieces. Set aside.

To make chocolate cream, bring cream to a boil, remove from heat, then stir in chocolate. Place in freezer until cool, then whip to creamy consistency.

To make coffee buttercream, cook sugar and water in a heavy saucepan until it reaches soft ball stage, 240° F on a candy thermometer. Beat eggs, then slowly add sugar syrup while beating and continue to beat until mixture cools. This can be done with a mixer or a food processor. Beat in soft butter, bit by bit,



Mocha Framboise


then flavor with coffee extract. Chill until firm enough to handle, but do not allow it to become hard.

To assemble cake, start with 1 layer chocolate cake and brush with liqueur. Spread with all jam and layer of coffee buttercream. Top with a layer of walnut cake and spread with half of the chocolate cream. Top with second walnut layer and remaining chocolate cream. Finish with chocolate layer and end with remaining coffee buttercream

on top and sides of cake.

Mark cake into 16 pieces and pipe a rosette on each side of each piece. Sprinkle sides with chopped walnuts and place chocolate coffee beans on each rosette.

Serve at room temperature.

Note: Cake can be prepared up to 2 days in advance and should be stored in the refrigerator. Allow it to sit at room temperature 2 hours before serving. 

Great Chefs Résumé



Donna Nordin caught the cooking bug at the age of 18 during a study abroad program in Rouen. After returning to the States, she longed to work with food. Nordin returned to France and enrolled in Le Cordon Bleu in Paris. After a year of study she came to San Francisco to work, teaching cooking part time.

In 1976 Nordin opened her own cooking school, La Grande Bouffe, in San Francisco. She still returned to France several times and took Gaston Lenotre's professional pastry course.

In 1980 Donna Nordin closed her cooking school to teach around the U.S. Criss-crossing the country, she stopped in Tucson in March, 1984. In the fall of that year she became head chef for Gourmet to Go, Inc., in Tucson, the city's most successful catering company. Plans for a Southwestern restaurant evolved. In 1986, Cafe Terra Cotta opened to rave reviews. It is still Tucson's most popular nationally-recognized restaurant.

In 1992, she and her husband opened Cafe Terra Cotta in nearby Scottsdale; Esquire magazine named it one of the 23 "Best Restaurants of 1993." Nordin has by now become accustomed to the title of "Best Restaurant," bestowed by many culinary critics over the years.

the elemental

crème anglaise

By Kate Heyhoe

Eggs are like culinary chemistry sets in a shell. Who would believe that within that pristine white package lies the secret ingredient for fluffy meringues, elegant omelets, tangy mayonnaise, crisp crêpe's and dreamy, creamy custards?

Chefs know that desserts made with custards punch our comfort-food button. One bite of a velvety crème brûlée or berries floating in a silky, thick vanilla cream sauce, and patrons swoon. It's elemental: custards can guarantee dessert success.

The queen of custard sauces is crème anglaise. She's rich, smooth and more than comforting. When paired with flavors like hazelnut, chocolate, coffee or fruit, she becomes absolutely seductive. Thick or thin, she's one of the indispensable sauces in a dessert chef's repertoire.

A pot of crème anglaise is the first step to elegant simplicity. Spoon it over fresh fruit, float meringues in it, layer it with cake to make a trifle. Pour it on a plate, drizzle over a ring of chocolate sauce, then drag a toothpick from center to edge like spokes, and you've made a show-stopping design often served by world-class chefs.



Chocolate Floating Islands with Coconut and Sage Crème Anglaise

Mastering the Sauce

To make crème anglaise, you need egg yolks, milk and/or cream and sugar. Vanilla bean is the traditional flavoring agent, the foundation on which other layers of flavors can be built. Crème anglaise is not only versatile, it's astonishingly easy to make—once you know what you're doing. But beware: a little bit too much heat and your comforting, creamy sauce can turn to watery, scrambled eggs in a flash.

Double-boiler or saucepan?

Professional chefs live dangerously: they like to make crème anglaise in a saucepan, directly over the burner. Less adventuresome cooks would be wise to rely on a double-boiler, or to create a double-boiler by placing a heatproof bowl on a pot over (not in) heated water. Why? Because the gentle steam of the water cooks the egg yolks at a low but consistent temperature.

Process: When heated, the proteins in egg yolks solidify. Ideally, these proteins will thicken the liquid in which

they're suspended.

Egg yolks: When adding eggs to a milk/cream-based mixture, warm the mixture, but don't let the mixture rise above 150° F or the eggs may curdle. Likewise, don't add the eggs all at once; whisk them in gradually. Once added, egg yolks should be stirred constantly, preferably with a whisk.

Proportions: Usually 2 egg yolks plus 2 tablespoons sugar to 1 cup of milk will produce a barely thick sauce. Additional egg yolks ensure a thicker sauce. Sugar makes the sauce less firm, so more eggs may be required when using greater amounts of sugar, and too much sugar can even prevent setting. Acidic ingredients, such as tart fruits and wine, also impede egg proteins from solidifying, so use more egg yolks with them. Rule of thumb: more sugar and more acid means adding more egg yolks.

Doneness: After about 12 minutes pay attention: the custard is likely a few degrees away from being done. When properly cooked, the sauce should coat the back of a metal spoon—dragging your finger across the spoon will leave a line. A thermometer should hover just below 180° F., the temperature at which egg proteins coagulate.

Troubleshooting: What can go wrong? Time and temperature matter. Heating too fast, too long, on too high or low a heat, or not stirring enough may result in a sauce that never thickens, a sauce that curdles or a sauce that separates. Once the eggs are added, stir constantly. If the sauce starts to show signs of curdling, it can still be rescued. Remove it from the heat and whisk until smooth. In some cases, small amounts of curd can simply be strained out. To prevent a skin from forming on the sauce, press plastic wrap onto the surface of the custard.

Weeping: If the custard starts to separate after cooking, as when releasing water on a previously beautiful plated dessert, it's been cooked too long (even if cooked below 180° F) or at too high a temperature (185° F).

Great Chefs Résumé

Julian Serrano

as taped at Masa
San Francisco, CA



Born in the Spanish capital of Madrid, Julian Serrano cooked his way through several sections of the world before finding his home

in a San Francisco French restaurant founded by a chef from Japan. In fact, you might say that Masa's, the inspiration of the late Masataka Kobayashi, has helped Serrano find himself.

In the spirit of Masa, Serrano has taken french cuisine in San Francisco to a decidedly new level, using the freshest of ingredients, classic sauces and artistic presentation. This follows naturally enough, since it was Masa himself who hired Serrano in May 1984 and taught him to fulfill his vision.

Under Serrano's leadership Masa's received the highest rating ever given to a San Francisco restaurant by that city's Zagat Restaurant Survey.

Serrano is currently the chef at Picasso in Las Vegas's Bellagio Hotel.

Other names: English custard, custard sauce, soft custard, boiled custard

Related sauces: Zabaglione, sabayon, lemon curd (similar in use of egg yolks)

As you can see from these recipes, crème anglaise is the common focal point around which these great chefs build irresistible signature desserts.

Crème Anglaise

Makes 2 cups

Crème Anglaise, also called English Cream, is a slightly thickened custard often used as a dessert sauce.

The texture may be varied from thin to thick; for thinner sauces, cream may be stirred in after the custard

has cooled. Crème Anglaise is often used as a base sauce to thinly coat the plate for presentation; flavored fruit sauces and chocolate sauce are then drizzled into the Crème Anglaise and swirled into designs.

- 4 egg yolks
- ½ sugar
- 1½ cups milk, heated
- 1 vanilla bean, split in half lengthwise, or 2 teaspoons vanilla extract
- 1 tablespoon butter at room temperature (optional)

In a medium, heavy saucepan, whisk egg yolks over low heat until pale in color. Whisk in sugar 1 tablespoon at a time, then whisk until mixture reaches consistency of cake batter.

Whisk in milk and vanilla bean, if using, then stir continuously with a wooden spoon until custard coats the spoon and a line drawn down the back of the spoon remains visible. Remove from heat and stir in vanilla extract, if using, or remove vanilla bean pods.

If custard is to be chilled, press a sheet of plastic wrap directly onto the surface to prevent a skin from forming, or dot the top with bits of optional butter. Chill custard up to 2 days.

Note: If the custard begins to overheat and the egg yolks are forming lumps, remove it immediately from the heat and whisk briskly to cool the mixture. Push the custard through a fine-meshed sieve with the back of a spoon to remove the lumps. If it has not sufficiently thickened, return it to heat to complete cooking.

Chocolate Raspberry Cake with Crème Anglaise

Makes 1 cake; serves 6 to 8

Chocolate cake is spread with ganache and raspberries, then stacked in layers and iced with ganache. The pretty, cake slices are served on plates sauced with a classic crème anglaise decorated with raspberry purée. ▶



Chocolate Raspberry Cake with Crème Anglaise

Cake

- 8 ounces almond paste
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter
- $\frac{3}{4}$ cup plus 1 tablespoon sugar
- $\frac{1}{2}$ cup cocoa, sifted
- 4 eggs

Ganache

- 1 pound semisweet chocolate, chopped
- 2 cups heavy (whipping) cream
- 5 ounces unsalted butter
- 3 ounces Grand Marnier

Assembly

- 3 pints fresh raspberries
- Crème Anglaise (recipe follows)
- 1 cup raspberry purée

To make cake: Preheat oven to 350° F. Lightly grease a sheet pan with butter. Line pan with parchment paper and lightly grease paper with butter. In the bowl of an electric mixer, combine almond paste and sugar and blend on medium with the paddle attachment until the mixture is texture of coarse meal. Add butter and beat until creamy and fluffy. One at a time, beat in eggs, beating after each addition until egg is fully incorporated. Scrape down the bowl, then beat in cocoa. Spread batter evenly in prepared

pan. Bake 30 to 35 minutes, until top springs back when touched and a toothpick inserted in the cake comes out clean. Remove from oven and let cool to room temperature; turn out onto a wire rack and let cool completely.

To make ganache: Place chopped chocolate in a heatproof bowl. Bring cream to a boil over medium heat. Pour cream over the chocolate and let stand 30 seconds to soften; add butter. Slowly stir cream, butter and chocolate together with a spatula. When smooth, stir in Grand Marnier. Refrigerate until slightly firmed.

To assemble: Line a sheet pan with parchment paper. Split cake into three lengthwise strips. Brush off any crumbs. Place one strip of cake on prepared pan. Spread cake with a thin layer of ganache and top with raspberries. Cover raspberries with more ganache. Place second layer of cake on top and repeat with ganache and raspberries. Top with final layer of cake. Ice the entire cake with ganache, leaving at least 1 cup of ganache. Refrigerate cake until firm, 30 minutes to 1 hour; leave ganache out of the refrigerator. Remove cake and place on a wire rack, then put the rack back over the lined sheet pan. Put remaining ganache in the top of a double boiler

over barely simmering water and melt it to a runny texture. Pour melted ganache over cake to glaze. Put cake back in refrigerator to chill for at least 30 minutes.

To serve: Pool crème anglaise on the dessert plates, tilting plates to spread sauce all over the inner surface. Put raspberry purée in a squeeze bottle. Draw two thin circles of purée on the crème anglaise around each plate. Using a toothpick, pull through the raspberry purée to create a design. Cut the cake into slices, using a knife dipped in hot water and wiped dry between each cut. Place a slice of cake in the center of each dessert plate.

Crème Anglaise

- 3 cups half-and-half
- $\frac{1}{2}$ vanilla bean, split
- $\frac{3}{4}$ cup sugar
- 10 egg yolks

To make crème anglaise: Put half-and-half in a heavy saucepan and scrape seeds from vanilla bean into the half-and-half. Drop scraped seeds into the cream. Bring cream just to a boil over medium-high heat, then remove from heat. Whisk in the sugar, then whisk in the egg yolks. Return custard to low heat and stir constantly until it begins to thicken; sauce should coat the back of a spoon. Remove from heat and chill until needed.

Recipe provided by Julian Serrano.

Chocolate Floating Islands with Coconut and Sage Crème Anglaise

Serves 4

Chocolate cubes hidden inside the floating islands melt as the islands are cooked. Sage is a creative, surprising, and delicious touch for this dessert. The beautiful presentation of fruits includes the otheiti apple, an unusual tropical fruit resembling a cross between a pear, a coconut, and a rose in flavor. If you can't find it—it is a Caribbean specialty—substitute mango or other tropical fruit.

Sage Infusion

- 1 leaf fresh sage, cut into chiffonade
- 1/8 cup coconut water
- 1/8 cup coconut cream
- 1 teaspoon brown sugar

Fried Green Banana Strips

- 2 green bananas, peeled and grated
- 1/2 cup canola oil

Sage Crème Anglaise

- 1 egg
 - 1 teaspoon brown sugar
 - 1/2 cup cream
 - 2 tablespoons milk
- Sage Infusion (above)

Floating Islands

- 1 egg white
- 1 teaspoon sugar
- 2 ounces semi-sweet chocolate, cut into 1/2-inch cubes

Tropical Fruit Garnishes

- 1 otheiti apple, peeled, cored, and cut into 1/2-inch balls or julienned
- 1 naseberry, peeled and cut into 1/2-inch balls or julienned
- 1 papaya, peeled, seeded, and cut into 1/2-inch balls or julienned
- 1/2 cup sun-dried pineapple, cut into 1/2-inch dice

- 4 sage leaves
- 12 large coconut shavings, toasted

To make infusion: Place ingredients in a small saucepan over medium heat and warm to nearly boiling. Remove from heat and set aside to steep. After 20 minutes, strain to remove the sage. Set aside.

To make banana strips: In a deep frying pan, heat oil to 350° F. On a work surface, spread out a long, narrow, thin strip of grated banana and press it together with the back of a spoon. Gently lift strip with a long spatula and slide it into the hot oil. Fry just until golden, about 30 seconds; turn and fry 15 more seconds. Remove and drain on paper towels. Repeat to make at least 4 strips. Strips may be shaped and curved while still very warm, and will retain the shape when cooled.

To make sage crème anglaise: Whisk ingredients together over low heat until the mixture coats the back of a spoon. Do not allow it to become too warm or egg will curdle; lift pan from the heat periodically to allow it to cool slightly before continuing to cook. Remove and let cool to room temperature.

To make floating islands: Bring a large pot of water to a boil over medium-

Great Chefs Résumé

Roger William Wiles

Zanzibar on the Waterfront
Washington DC



When originally taped for Great Chefs Television, Roger William Wiles was the executive chef at the Half Moon Beach Club. He had been executive chef at the

Royal Antiguan, Ramada; St. James Club, Antigua; Royal Bahamian, Nassau; Fourways Inn, Bermuda; and Inn on the Park, London. He had also been sous chef at Al Ecu de France and chef patron at Own Restaurant.

Chef Wiles has been selected to represent Jamaica as a member of the National Culinary Team to compete at the "Taste of the Caribbean" competition, and upgraded to "Master Craftsman" of the Cookery and Food Association.

Basic Crème Anglaise



high heat. Reduce heat to medium. In the bowl of an electric mixer, beat egg white at high speed until frothy, then add sugar. Continue beating at high speed until stiff peaks form. Scoop a very large spoonful of meringue and press a chocolate cube in the center. Cover with another large spoonful of meringue, encasing the cube. Gently slide meringue into simmering water and cook for 30 seconds. Turn with a long-handled slotted spoon and cook another 30 seconds. Meringue will puff slightly when it is done. Remove and drain on paper towels. Repeat to make a total of four floating islands.

To serve: Place a pool of sage crème anglaise in the center of each plate. Place a floating island across the sauce on each. Garnish plates with tropical fruit, a sage leaf, coconut shavings and a fried banana strip. Cut islands open to release chocolate.

Recipe provided by Roger Wiles.



i n t e r n a t i o n a l

finales

a praline primer

By Kate Heyhoe

The world of the French chef, where every detail, small as it may seem, is taken seriously.

Order a praline in Texas and you'll be served a sweet, pecan-studded patty, made with either a caramel or brown sugar base. Order "praline" in France, and you can expect an entirely different treat. In fact, you might be served any number of candies and confections made with ingredients known as "pralin" or "praline paste."

According to the Dictionary of Desserts by Carol Bloom, a praline is "a confection made of caramelized whole almonds." Other sources describe it as a French hard candy (kind of like a nut brittle) made of caramelized sugar and nuts, usually almonds or hazelnuts.

When ground to a powder for use as a flavoring, filling or decoration, the candy becomes "pralin" or "pralin powder." Add a slight accent mark and a "praliné" refers to an entire category of confections flavored with praline, or with another ingredient: "praline paste." Similar to peanut butter in texture, praline paste is made by grinding caramelized almonds—or more often, hazelnuts—to form a thick paste. "Praliné" also refers to

a Gênoise sponge cake made with layers of praline butter cream.

Clear as mud (or nut butter), no? Oui. Such is the world of French desserts, where chefs take their ingredients seriously and every detail, small as it may seem, is important.

While you might be tempted to make your own hazelnut praline paste for Chef Jean-Marie Auboine's recipe below, you're better off buying it from a specialty or baker's supply store. The paste should be smooth and creamy, and nut butters made with home equipment tend to be somewhat gritty. If your neighborhood gourmet retailer doesn't carry praline paste, you can order one-pound cans of either hazelnut praline paste or almond paste from the King Arthur Flour Baker's Catalog ((800) 827-6836; www.kingarthurfour.com).

As ingredients go, raw, shelled hazelnuts (also known as filberts) are more readily available. Once imported mainly from France, Italy and Turkey, these flavorful grape-size nuts are now grown in abundance in Oregon and Washington. ►



Chocolate Crunchy Cake



But finding hazelnuts without their dark, bitter skins on can be challenging. Fortunately, removing the skin is easy. Spread them out on a baking sheet, roast at moderate temperature (275 to 325° F) for 10 to 15 minutes, stirring half-way through, until the skins show cracking marks and begin to flake. Pour them into a dish towel, rub vigorously, and the skins will flake off. (Try rubbing the flaky skins off outdoors.) Don't worry if some of the brown skin sticks to the nuts; a little bit tastes fine and offers visual contrast.

If desired, you can get a more toasted flavor by letting the nuts brown slightly, but be careful not to overcook. Nuts can go from pleasantly toasted and golden to dry and bitter in just a few seconds, so watch them closely during the final stages of cooking.

Toasted hazelnuts go beyond desserts. So toasting a large batch of these versatile nuts pays off. Sprinkle them on salads, fruit and main dishes, like chicken *paillards* or fish. After rubbing away the skins, store hazelnuts airtight in a refrigerator or freezer for up to one year. By skinning the hazelnuts in advance, you also get a jump on this sumptuous assembled dessert from La Pyramide in France, Chocolate Crunchy Cake. *Bon appétit!*

Chocolate Crunchy Cake

Simply beautiful, these frozen praline mousse cakes combine a crunchy feuillantine base, praline mousse, and silky chocolate coating. The flavors, hazelnut, coffee, praline

and chocolate, combine perfectly. The Paradise Icing is the same used on the profiteroles at La Pyramide. Chef Auboine garnishes his cakes with standing pieces of golden spun sugar; if you are clever with sugar work, you may wish to do the same. Makes fifteen 2½-inch cakes

Glazed Hazelnuts and Almonds

- 4 cups hazelnuts
- ½ cup blanched almonds
- 4 cups sugar
- 2 cups light corn syrup
- 1½ cups water

Praline Feuillantines

- 6 ounces hazelnut-flavored chocolate, chopped (suggested: Gianduja)
- 2½ ounces milk chocolate, chopped
- ½ cup glazed hazelnuts, chopped (recipe above)
- ½ cup glazed almonds, chopped (recipe above)
- 6-8 small thin crêpes, very crisp, crushed (1 cup crushed crêpes)

Praline Mousse

- 1 cup heavy (whipping) cream
- 8 ounces hazelnut-flavored chocolate, chopped

- ½ cup hazelnut (praline) paste
- 1 cup heavy (whipping) cream, whipped to firm peaks

Coffee Crème Anglaise

- 1 heaping tablespoon ground coffee
- 1 cup milk
- 3 egg yolks
- ¼ cup sugar

Paradise Icing

- 1 cup water
- 1 cup sugar
- ½ cup cocoa powder
- ¾ cup heavy (whipping) cream
- 8 ounces dark chocolate, chopped
- 15 mint leaves



A chef's careful eye watches for details in cooking praline feuillantines.


Great Chefs Résumé

Jean-Marie Auboine

as taped at
La Pyramide
Vienne, France

Jean-Marie Auboine, a native of France, says he was always curious about how different dishes were made. Now he knows very well. Auboine is at the top of his game in the pastry kitchen at La Pyramide. Auboine began his studies at the Lycee Technique Hotelier Quercy, ultimately obtaining his C.A.P. Patissier in 1988. Studying in succession at Fauchon Boutique Patisserie and Ecole Lenotre (studying sugar work), the Hotel de Paris in Monaco, and Ecole Nationale Supérieure de Patisserie, as well as his professional positions at Hotel de Paris, Restaurant Alain Ducasse and Restaurant Le Louis XV, Bastide de Gordes (which he helped open and which subsequently quickly earned its first star), he perfected his art. For a year, during his national service, Auboine was the chef for the office of Minister of Defense for France. In 1993 he worked at Hediard in Paris, and served as consultant for Hediard's Asian properties. At Chateau de Mercues, a Relais & Chateaux place, he was chef patissier; the Chateau earned a Gold Key from Gault Millau, and a star from Guide Michelin.

In 1994 Auboine moved to the Hotel Bellecote in Courcheval, then in 1995 went to Switzerland as Chef Patissier at the Hotel Beau Rivage in Geneva, responsible for the hotel's restaurants, banquets and room service. He arrived at La Pyramide in 1997, where as Chef Patissier he again rules the pastry kitchen and sets the standards.

With a knife which has been dipped in hot water, cut cake in half and spread sides apart. Repeat with remaining cakes. Spoon coffee crème anglaise on the plate in the center opening of each cake. Garnish each with three glazed hazelnuts and a mint leaf. 



To glaze nuts: Preheat oven to 275° F. Spread hazelnuts in a single layer on a baking sheet. Bake 12 to 15 minutes, until nuts just begin to darken. Remove and let cool just enough to handle, then rub hot nuts with a towel to remove bitter skins. Let cool completely.

Lightly grease a baking sheet. Combine sugar, corn syrup and water in a heavy saucepan over low heat and stir until sugar is completely dissolved. Increase heat to medium and cook without stirring until golden-brown in color, 300° F on a candy thermometer (hard-crack stage). Remove from heat and stir in nuts. Immediately lift out nuts with a wire lifter or slotted spoon and drain slightly over pan, then spread on greased baking sheet. Let cool. Set aside 45 of the best hazelnuts for garnish.

To make praline feuillantine: In top of a double boiler over barely simmering water, melt chocolates together. Stir in nuts and crushed crêpes and blend. Spread out thin on a piece of parchment paper. Refrigerate until firm.

To make praline mousse: Bring cream just to boiling point over medium-high heat. Put chocolate and hazelnut (praline) paste in a heatproof bowl and pour hot cream over them. Blend well and let cool. Fold in whipped cream.

Place fifteen 2½-inch ring molds on

parchment-lined baking sheets. Cut feuillantine into 2½-inch circles and press one into the bottom of each mold. Fill each mold with praline mousse. Freeze until firm, at least 2 hours. Turn out of the molds, place on wire racks over parchment-lined baking sheets, and return to the freezer.

To make coffee crème anglaise: Add coffee grounds to milk in a heavy saucepan and bring to a boil. Take off heat and let stand for 10 minutes. Beat egg yolks and sugar until light in color and thickened. Whisk coffee-milk mixture into egg mixture and put back in saucepan. Cook over medium heat until mixture coats the back of a spoon (about 10 minutes). Remove and strain through a fine-meshed sieve. Cover with plastic wrap and refrigerate.

To make paradise icing: Bring water, sugar, cocoa powder and cream to a boil in a heavy saucepan. Put chopped chocolate in a heatproof bowl and pour cream mixture over it. Blend well and stir until glossy. Let cool until lukewarm.

To assemble: Take frozen molds out of freezer and leave on the wire rack over the baking sheet. Pour icing over cakes to form a smooth coating. When icing has congealed, lift a mold with a wide spatula and place on a dessert plate.

Last Call



"Cookery is not chemistry.
It is an art.


It requires instinct and taste rather than
exact measurements."

Marcel Boulestin



Your Private
Paradise
in beautiful
St. Croix

Villa
des
Great Chefs®



No Presidential Suite anywhere has a view to compare:
this is your private paradise.

Bask on the sunning terrace by the pool. Get creative with the Weber Pentium® grill. Lounge by the bougainvillea and feel the tradewinds against your skin. Three bedrooms, three baths, living, dining, and Great Chefs® kitchen.

When you want to get away from it all without leaving anything behind, get away to Villa des Great Chefs.



1 - 800 - 321 - 1499

view 360° panoramas on
www.greatchefs.com

+504.581.5000 • FAX +504.581.1188

Your new dining room,



complete with lush green carpeting and
a high performance, propane-powered centerpiece.



Genesis® Gold-B



Genesis® Silver-C



Genesis® Platinum-C

Eat out every night.SM



Centerpieces also available in charcoal variety. Check it all out at www.weber.com

©2001 Weber-Stephen Products Co.

