

TRADITIONS

Bakery, Bistro and Catering

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INDIVIDUAL MOLTEN CHOCOLATE CAKES WITH COFFEE CRÈME ANGLAISE

Adapted from La Bastide Odeon, Paris

Cakes:

- 6 ½ tablespoons sugar plus additional for dusting
- 7 tablespoons unsalted butter, cut into pieces
- 3 ½ oz. Bittersweet chocolate (1 ¾ tsp bittersweet + 1¾ tsp semi-sweet chocolate), chopped
- 3 large eggs
- 1/3 cup sifted all purpose flour (sift before measuring)
- 1/8 teaspoon salt

Anglaise:

- 1 ¼ cups whole milk
- 4 teaspoons instant espresso powder
- 3 large egg yolks
- 2 tablespoons sugar

Cakes:

- Preheat oven to 400 degrees F. Butter molds and dust with sugar, knocking out excess.
- Melt butter and chocolate in a double boiler or a metal bowl set over a saucepan of barely simmering water, stirring occasionally. Remove bowl from pan and cool slightly.
- Whisk together eggs and 6 ½ tablespoons sugar in a bowl, then whisk in flour, melted chocolate, and salt. Pour into molds, filling them about two-thirds full. Bake in the middle of oven until outer ½ inch of cakes are set but centers are still moist, about 10 to 12 minutes.
- Holding mold, run a knife around edge of cake to loosen, then invert onto a plate. Unmold remaining cakes in same manner. Serve with coffee crème anglaise.

Crème anglaise:

- Whisk together milk and espresso powder and bring to a boil in a small heavy saucepan. Whisk together yolks, sugar, and a pinch of salt in a bowl. Slowly add hot milk to yolks, whisking constantly. Transfer custard to cleaned saucepan and cook over moderately low heat, stirring constantly

with a wooden spoon, until it registers 170 degrees F or is thick enough to coat back of spoon.