



PART II

Portfolio Project

Feddy Halabi Troisi

Student ID 1840036

EUROPEAN CAKES & TORTES

CUL202 section 10001

Chef Alexey Schastlivenko



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WEEK 5 - RECIPES

RUBIES TORTE

Yield: 3 Triangular Tortes, 8 in. (20 cm) each

Raspberry Gelée (page 607)	2 lb. 9 oz.	1230 g
Chocolate Almond Flour Cake (page 472)	1 full sheet	1 full sheet
Raspberry Ganache (page 585)	2 lb. 14 oz.	1380 g
Cocoa Gelée (page 608)	as needed	as needed
White and dark chocolate decorations (page 698)	as needed	as needed
Fresh raspberries	as needed	as needed

1. Cut four 24-inch- (60-centimeter-) long sheets of aluminum foil. For strength, stack the sheets, then fold up the edges to make a rectangular container measuring 8 inches 3 16 inches (20 centimeters 3 40 centimeters). Place the foil container on a half-sheet pan.
2. Prepare the Raspberry Gelée and pour it into the foil container. Freeze until the gelée sets.
3. Invert the Chocolate Almond Flour Cake onto a flat surface. Leave the parchment paper attached and cut the cake into three strips measuring approximately 8 inches 3 16 inches (20 centimeters 3 40 centimeters) each. Transfer one strip of cake, paper side down, to a clean sheet pan.
4. Spread the top of the cake with half of the Raspberry Ganache. Transfer another cake strip, paper side up, onto the ganache. Remove the paper.
5. Spread this layer with half of the remaining ganache. Unwrap the frozen Raspberry Gelée and trim it into a strip measuring 8 inches 3 16 inches (20 centimeters 3 40 centimeters). Place it onto the ganache-coated cake. Top with the last cake strip, paper side up. Remove the paper and spread the cake layer with the remaining ganache.
6. Freeze until firm, approximately 2 hours.
7. Remove the cake from the freezer and immediately cover it with Cocoa Gelée heated to 120°F (49°C). Cut the cake into three triangular pieces. Place each piece on a cake board and decorate with chocolate decorations and fresh raspberries.

RASPBERRY OR MANGO GELÉE

Yield: 2 lb. 9 oz. (1230 g)

Seedless raspberry or mango purée	2 lb.	960 g
Granulated sugar	8 oz.	240 g
Sheet gelatin, softened	10 sheets (0.6 oz.)	18 g

1. Heat the purée to 120°F (49°C). Add the sugar and stir until it dissolves.
2. Add the softened sheet gelatin to the warm purée. Stir the mixture until the gelatin dissolves. Immediately pour the mixture into the appropriate silicone mat or mold required as indicated in the formula. Chill or freeze until firm.

CHOCOLATE ALMOND FLOUR CAKE

Because it contains ground almonds instead of wheat flour, this cake is gluten-free.

Yield: 1 Full-Sheet Pan, 18 in. 3 24 in. (45 cm 3 60 cm)

Method: Creaming

Unsalted butter, softened	14 oz.	420 g	78%
Granulated sugar	1 lb. 2 oz.	540 g	100%
Vanilla extract	0.15 fl. oz. (1 tsp.)	5 ml	0.8%
Cocoa powder	2 oz.	60 g	11%
Egg yolks	8 oz. (12 yolks)	240 g	44%
Eggs	6.75 oz. (4 eggs)	200 g	37%
Semisweet or bittersweet chocolate, melted and held at 110°F (43°C)	1 lb.	480 g	89%

Almond or toasted hazelnut flour	6 oz.	180 g	33%
Egg whites	1 lb. 8 oz.	720 g	133%
Total batter weight:	5 lb. 14 oz.	2845 g	525%

- 1 Cream the butter and 8 ounces (240 grams) of the sugar in the bowl of a mixer fitted with the paddle attachment. Add the vanilla and cocoa powder.
- 2 Add the egg yolks and eggs one at a time, scraping down the bowl well after each addition. Make certain the chocolate is warmed to 110°F (43°C). (This will keep the batter light. Colder chocolate will firm the batter, making it impossible to fold in the whipped egg whites.) Pour in the melted chocolate and mix until well combined. Add the almond flour. Set aside.
- 3 In a separate mixing bowl, use a clean whip to whip the egg whites and remaining 10 ounces (300 grams) of sugar to medium peaks. Quickly fold the whites into the cake batter in three steps.
- 4 Spread the mixture on a paper-lined sheet pan. Bake at 350°F (180°C) until the top surface of the cake is dry and the interior of the cake is soft but set, approximately 35 to 40 minutes. Test for doneness by removing a bit of the crust and pressing the cake underneath. The crust will be firm but the interior crumb will be soft but not sticky. If the cake is still wet, return it to the oven for a few more minutes.
- 5 Cool the cake in the pan on a wire rack. Cut the cake to line torte rings as needed. (See Eros Torte, page 622.) Remove the parchment paper after the cake is cut to keep the cake intact.

Variations:

1. **Pistachio or Hazelnut Flourless Chocolate Cake** —Fold 10 ounces (300 grams/55%) coarsely chopped pistachios or hazelnuts into the batter before panning.

Raspberry Ganache

Most ganache formulas call for heavy cream. Raspberry purée takes on the role of the heavy cream in this ganache.

Yield: 2 lb. 14 oz. (1353 g)

Semisweet chocolate, chopped	1 lb. 2 oz.	540 g
Raspberry purée, unsweetened, seedless	20 fl. oz.	600 ml
Pectin	0.1 oz. (1 tsp.)	3 g
Granulated sugar	3 oz.	90 g
Unsalted butter, melted (optional)	4 oz.	120 g

1. Place the chopped chocolate in a bowl and set aside.
2. Heat the raspberry purée to 120°F (49°C) in a nonreactive pan.
3. Thoroughly mix the pectin and sugar. Whisk it into the raspberry purée and bring to a boil.
4. Pour approximately 2 fluid ounces (60 milliliters) of the hot purée into the bowl of chocolate. Combine with a spatula, adding the remaining purée in four increments.
5. Stir in the butter (if using). If lumps form or if the chocolate fails to melt completely, place the bowl over a bain marie until completely melted and smooth. Use immediately.

COCOA GELÉE

Mise en Place

- 6 Sift cocoa powder.
- 7 Soften gelatin.

Yield:

Approximately 5 lb. (2400 g)

Water	1 pt.	480 ml
Granulated sugar	2 lb.	960 g
Heavy cream	21 fl. oz.	630 ml
Cocoa powder, sifted	10 oz.	300 g

Sheet gelatin, softened	16 sheets (1 oz.)	30 g
Vanilla extract	1.25 fl. oz.	40 ml

1. In a large saucepan bring the water, sugar and cream to a boil.
2. Whisk in the cocoa powder. Bring the mixture back to a boil and cook 4 minutes, whisking constantly.
3. Remove from the heat and cover the pan with plastic film. Let the mixture cool to 180°F (82°C).
4. Stir the softened sheet gelatin into the warm cocoa mixture. Combine well; re-cover the pan with plastic film and let cool.
5. Add the vanilla.
6. Refrigerate a minimum of 12 hours before using. Heat to 120°F (49°C) for coating tortes, cakes and tarts.
7. To use the Cocoa Gelée, place the cake or other product to be coated on an icing screen set over a full-size sheet pan. Warm the Cocoa Gelée to 120°F (49°C). Pour the warmed gelée in a steady stream from left to right over the cake to coat it evenly.
8. Cocoa gelée keeps 2 weeks when stored, covered in the refrigerator.

FORMULA: CLASSIC PUFF PASTRY

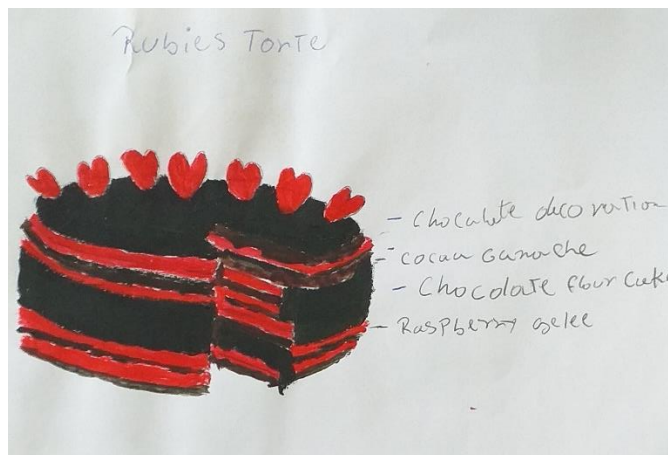
Puff pastry is also called *pâte feuilletée* in French. The dough rises because of the steam created from the large amount of butter contained in between the many layers of dough. Puff pastry is the foundation of countless pastries, desserts, savorys, and other delicacies.

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Bread flour	100.00	2.800	6.173	6	¾	1 lb 3 ¾ oz
Water	48.00	1.344	2.963	2	15 ¾	9 ½ oz
Butter	10.00	0.280	0.617		9 ⅞	2 oz
Salt	2.00	0.056	0.123	2		2 tsp
Lemon juice	1.00	0.028	0.062	1		1 tsp
Malt	1.00	0.028	0.062	1		1 ½ tsp
Total	162.00	4.536	10.000	10	0	2 lb
Butter for lamination	50.00	2.268	5.000	5	0	1 lb

Process:

- | | |
|------------|--|
| Mixing | Mix all the ingredients (except for the butter for lamination) to incorporation (3 to 4 minutes on first speed). |
| | Transfer to a lightly floured sheet pan, form into a flat square, and cover with plastic. |
| Resting | Allow the dough the rest in the refrigerator for 1 hour. |
| Lamination | 5 to 6 single folds
2 folds at a time; allow 30 minutes rest between each set of folds. |
| Sheeting | After a resting time of at least 30 minutes, sheet the puff pastry to ⅛ inch (2 mm). Use as desired. |
| Baking | 350°F (176°C) in a convection oven. Time will vary according to product composition. |

CAKE DESIGN



JOURNAL 5

PRODUCTS INFORMATION AND DEMO:

This week we prepared the **Rubiens Torte** and, as usual, we first checked with the Chef the various components and their ingredients, and then we moved on to the execution.

➤ **RUBIES TORTE – Components:**

- ❖ Raspberry Gelée
- ❖ Chocolate Almond Flour Cake
- ❖ Raspberry Ganache
- ❖ Cocoa Gelée
- ❖ Pâte À Choux

Raspberry Gelée: This component is prepared first, as it rests in the refrigerator before it can be used. It is not the first time we have performed it and the practice helps us to improve our technique but mainly it helps us to memorize it.



Chocolate Almond Flour Cake: This was a new component that we performed for the first time, we practiced it individually, and there are various techniques for performing it.



Raspberry Ganache: This is another component performed for the first time in this class, in which the fruit is mixed with the chocolate, following the Ganache technique, incorporating

the chocolate, only after the dissolution, the fruit puree. The important thing is to remove the chocolate nodules and work it until completely melted and smooth.



Cocoa Gelée: This component decorates the cake above. After ready it is stored in the freezer for 12 hours, in order to reach the right consistency to be used.



Pâte À Choux: Unfortunately, I had problems with this component, which I usually prepare correctly, having prepared several times at school and at home, but this time it was not so. Examining the procedure with the Chef, I realized that the error was due to the excessive amount of water used in the recipe, since I had prepared the quantities for half the recipe, but comparing myself to Betty, she indicated that it was only 1 / 4 of the recipe. I proceeded to modify all the ingredients in good time, but at the time of adding the water I took the wrong container, that is the one ready with 1/2 recipe. The Chef gave me the opportunity to do it with him, to look for the mistake. This second time came quite well, but we would have the chance to do it again next week, and I'm glad of that.



The Chef guided us in assembling the cake:



Chef critiques and recommendations

The Chef has rightly strengthened the need to arrive prepared for the class, that is to study well the recipes to be executed, even if there are some alterations.

Personal Thoughts

As for the execution of the cake, I am quite satisfied with the work done.

But I'm not entirely satisfied with the result of the "Pâte À Choux" component, I know that I could have done better.

WEEK 6 - RECIPES

FORMULA: ST. HONORÉ CAKE

St. Honoré cake is named for the French patron saint of bakers and pastry chefs, Saint Honoré, Bishop of Amiens. This sophisticated confection is built from a gâteau consisting of a layer of puff pastry, which is then crowned with choux paste, and decorated with delicate caramel-glazed choux balls. The extravagant presentation of this traditional French cake is stunning to behold, perfect for special occasions.

Components:

Traditional puff pastry

Pâte à choux

Caramel

Crème Chiboust

Crème Chantilly

Yield: 5 [8 inch (20 cm)] cakes

Test: 1 [8 inch (20 cm)] cake

Process

1. Cut one 8 inch (20 cm) round circle of puff pastry dough for each cake; dock with a dough docker.
2. Using a pastry bag with a round tip, pipe a circle of pâte à choux around the outside edge of the puff piece. Also, pipe a loose, open spiral that starts at the outside and finishes in the center, decreasing in height as it moves to the center.
3. Egg wash the puff pastry and pâte à choux.
4. Bake at 350°F (177°C) in a convection oven until golden brown.
5. On a parchment-lined sheet pan, pipe small pâte à choux puffs. Each cake will need 12 to 15 puffs.
6. Bake at 350°F (177°C) in a convection oven until golden brown.

FORMULA: PÂTE À CHOUX

Exceptionally delicate before baking, pâte à choux must be either spooned or piped into shape. Once baked, the paste crusts on the outside, trapping steam inside, creating a puffed shape with a hollow interior. The crisp shells are filled with a variety of creams and finished with a glaze. Dramatic desserts such as croquembouche, profiteroles, Gâteau St. Honoré, Paris-Brest, and éclairs are all made with pâte à choux.

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Whole milk	89.00	0.796	1.755	1	12 ½	5 ⅝ oz
Water	89.00	0.796	1.755	1	12 ½	5 ⅝ oz
Salt	3.00	0.027	0.059		1	1 tsp
Sugar	4.00	0.036	0.079		1 ¼	1 ½ tsp
Butter	79.00	0.707	1.558	1	8 ⅞	5 oz
Pastry flour	100.00	0.895	1.972	1	15 ½	6 ¼ oz
Eggs	143.00	1.279	2.821	2	13 ⅞	9 oz
Total	507.00	4.536	10.000	10	0	2 lb

Process

1. Sift the pastry flour and reserve.
2. Bring the milk, water, salt, sugar, and butter to a boil.
3. Remove from the heat, add the flour to the pot, and stir to combine.
4. Return to the heat and, stirring constantly, cook the paste for 1 minute or until it clears the side of the pot.
5. Transfer to a mixer with the paddle attachment, mix on low speed, and add three-fourths of the

eggs.

6. Add the remainder of the eggs.
7. Adjust to the proper consistency using hot milk.
8. Pipe into the desired shapes, and brush lightly with the egg wash.
9. Bake at 350°F (176°C) in a convection oven for 10 minutes with the vent closed and then at 325°F (163°C) for 15 to 20 minutes with the vent open.
10. Bake until the pastry has a well browned exterior and is “dry” in the center.

Crème Chiboust Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Milk	100.00	1.069	2.358	2	5 ¾	13 ¾ oz
Vanilla bean	Each	1	1		1	½ each
Sugar #1	5.00	0.053	0.118		1 ⅞	5/7 oz
Cornstarch	10.00	0.107	0.236		3 ¾	1 ¾ oz
Egg yolks	24.00	0.257	0.566		9	3 ¼ oz
Gelatin	1.75	0.019	0.041		¾	3 sheets
Butter	10.00	0.107	0.236		3 ¾	1 ¾ oz
Rum	10.00	0.107	0.236		3 ¾	1 ¾ oz
Water	10.00	0.107	0.236		3 ¾	1 ¾ oz
Sugar #2	33.00	0.353	0.778		12 ½	4 ½ oz
Glucose	6.00	0.064	0.141		2 ¼	⅞ oz
Egg whites	24.00	0.257	0.566		9	3 ¼ oz
Total	233.75	2.500	5.511	5	8 ⅞	2 lb

Process, Crème Chiboust - Make Pastry Cream

1. Bloom the gelatin in cold water, and reserve.
2. Scale the whole milk, vanilla beans, and half of the first sugar into a stainless steel pot and bring to a boil.
3. Meanwhile, scale the other half of the first sugar and cornstarch into a bowl, and mix to combine.
4. Scale the egg yolks into the sugar–starch mixture, and whisk until just combined. Do not incorporate air.
5. Once the milk comes to a boil, temper one-third of it into the egg yolk mixture; stir to incorporate evenly.
6. Return this mixture back to the pot, stirring constantly.
7. Continue to cook the custard while stirring until it has boiled for 2 minutes.
8. Off heat, add the butter and bloomed gelatin; stir until mixed in completely. Next, add the rum.
9. Pour the pastry cream into a bowl and cover with plastic wrap to prevent a skin from developing. Reserve and make the Italian meringue.

Make Italian Meringue

1. Heat the water, glucose, and second sugar until it reaches the boiling point.
2. Wash down the sides of the pan with water.
3. When the sugar reaches 241°F (116°C), start whipping the egg whites on medium speed.
4. When the sugar reaches soft ball stage [246°F (119°C) to 250°F (121°C)], slowly pour it into the whipping egg whites.
5. Whip until 104°F (40°C).

Finish Crème Chiboust

Once the desired temperatures are achieved, fold the warm meringue into the pastry cream and use immediately.

Caramel Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Sugar	100.00	0.524	1.156	1	2 ½	9 ¼ oz
Glucose	40.00	0.210	0.462		7 ⅝	3 ¾ oz
Water	33.00	0.173	0.382		6 ⅝	3 oz
Total	173.00	0.907	2.000	2	0	1 lb

Process, Caramel

1. In a saucepan, combine the sugar, glucose, and water.
2. Cook over medium heat until the sugar mixture reaches the caramel stage and has a golden brown color.
3. Remove the caramel from the heat, and shock the pan in cold water to stop the cooking.

Assembly and Finishing

1. Fill the pâte à choux puffs with crème Chiboust and reserve.
2. When the puff pastry is cooled, pipe the crème Chiboust over the base using a plain tip leaving the puffed edges of pâte à choux uncovered.
3. Using the caramel, seal the custard-filled cream puff all around the pâte à choux edges.
4. Using a pastry bag with a St. Honoré tip, pipe crème Chantilly over the crème Chiboust in a decorative pattern.

FORMULA: NAPOLEON

This noble French dessert is constructed from several lush layers of baked puff pastry and pastry cream. Traditional napoleons are poured with white fondant and then chocolate fondant is piped laterally and feathered throughout the white fondant. The more contemporary approach here uses powdered sugar, which is “branded” with a hot metal rod. Another modern method is to lightly dust the puff pastry with sugar and then brûlée it as one would a crème brûlée, producing a pleasantly shiny crisp crunch.

Mise en Place

Puff dough sheet, baked, 1 each

Pastry cream for napoleon, 3 lb 4 ⅞ 8 oz (1.5 kg)

Powdered sugar, SQ

Yield: ⅓ sheet

Pastry Cream for Napoleon Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Whole milk	100.00	0.920	2.028	2	½
Vanilla bean	Each	1	1		1
Cornstarch	8.00	0.074	0.162		2 ⅝
Sugar	20.00	0.184	0.406		6 ½
Egg yolks	20.00	0.184	0.406		6 ½
Butter	15.00	0.138	0.304		4 ⅞
Total	163.00	1.500	3.306	3	4 ⅞

Process

1. Scale the whole milk and vanilla beans into a stainless steel pot and bring to a boil.
2. Meanwhile, scale the sugar and cornstarch into a bowl, and mix to combine.
3. Scale the egg yolks into the sugar–starch mixture, and whisk until just combined. Do not incorporate air.
4. After the milk comes to a boil, pour one-third of it onto the egg yolk mixture, and stir to incorporate evenly.
5. Return this mixture to the pot, constantly stirring.
6. Continue to cook the custard while stirring until it has boiled for 2 minutes.

7. Turn off the heat, add the butter and stir until mixed in completely.
8. Pour the pastry cream into a clean, shallow container and cover to the surface with plastic wrap.
9. Refrigerate immediately until needed.

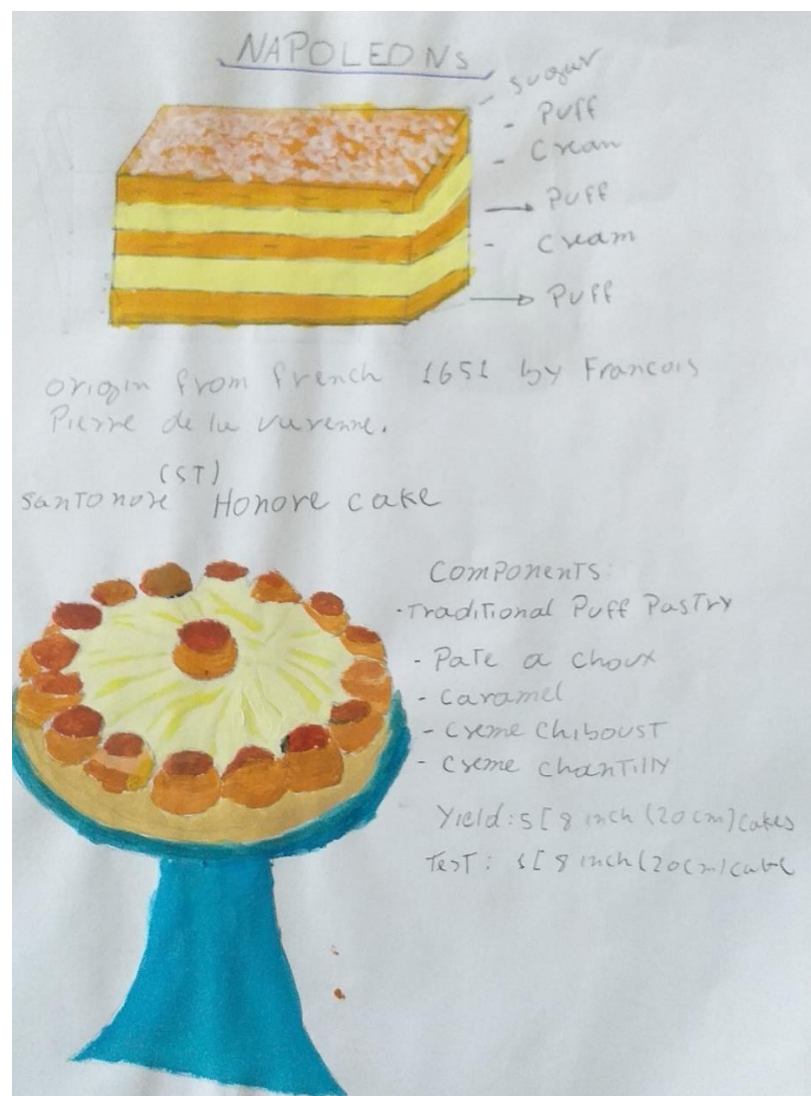
Assembly

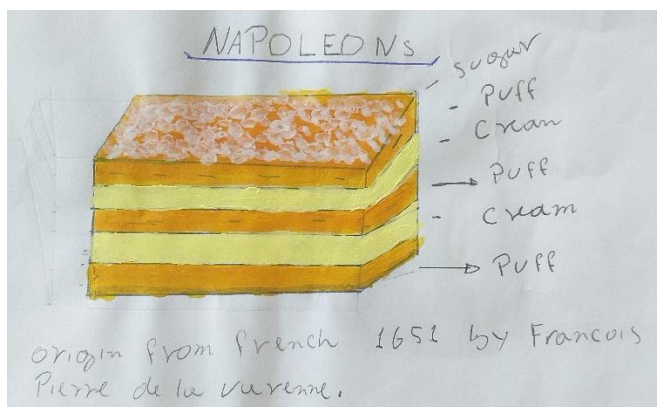
1. Trim the edges of the puff dough sheet and reserve.
2. Cut the sheet into three strips lengthwise, about 4 inch (10 cm) wide each.
3. Whip the pastry cream until smooth.
4. Apply half the pastry cream to the base strip and spread evenly.
5. Gently press the second strip of puff pastry onto the pastry cream.
6. Apply the second layer of pastry cream and top with the last strip of puff pastry.

Finishing

1. Dust the top of the cake with powdered sugar.
2. Cut slices to the desired size [approximately 4 inches (10 cm) × 1½ inches (4 cm)].
3. “Brand” the powdered sugar with a hot metal rod and garnish as desired.

CAKE DESIGN





JOURNAL 6

PRODUCTS INFORMATION AND DEMO:

This week we first checked the various components and their ingredients with the Chef. In this week's program we had:

1. garnish with RUBIES CAKE chocolate, that we prepared last week;
2. prepare the NAPOLEON;
3. prepare the ST. HONORÉ CAKE.

➤ **RUBIES CAKE Chocolate**

to garnish this cake, prepared last week, we prepared the chocolate and after putting it on the cake, we put it in the refrigerator and then, only at the end of the day, put the fruit on top.

➤ **NAPOLEON – Components:**

- ❖ Puff dough sheet
- ❖ Pastry cream

Puff dough sheet: This component was ready, we proceeded to put it in the oven, which is a key point of this recipe, in fact the Chef made us put a grill on it, to prevent the dough from rising in the oven. 5 minutes before the scheduled time, the dough must be turned to prevent it from burning. To confirm that the dough is ready, first of all you need to check that the color is the right one, and then you have to check the cooking and the firmness of the dough, with the spatula you raise the dough which, if it remains rigid, means that it is ready.



Pastry cream: This component, already prepared in various recipes, does not present many difficulties, but in this case we have divided the prepared quantity into two parts because we have used a part for the **NAPOLEON**, as regards the other half to be used for the **ST. HONORÉ CAKE**, we added the gelatin to give firmness to the cream for subsequent assembly.

After preparing the custard, the Chef showed us how to assemble and then we assemble too.



➤ **ST. HONORÉ CAKE – Components:**

- ❖ Traditional puff pastry
- ❖ Pâte à choux
- ❖ Caramel
- ❖ Pastry cream
- ❖ Italian merengue

Traditional puff pastry: The Chef showed us how to cut this component into 8-inch circles, and then we did it.



Pâte à choux: After preparing the choux pastry we made a circle around the puff pastry and a spiral in the middle, and we cooked it. Then we made the single puff and before cooking, lightly brush with the egg wash.



Caramel: We prepared the caramel, where the Chef advised us to remove it from the heat before the time to inspect the color, if necessary, we cook a little more, avoiding burning it.

Pastry cream: This element was prepared previously.

Italian merengue: this component should have been mixed with custard, but the Chef has decided to use only pastry cream to fill the bigne' and the Italian merengue for decoration. Also, in this component we added gelatin to get more firmness.

In the assembly I had only a small error in placing the bigne' on the contrary, but I proceeded to put them back in the correct way.



RUBIES CAKE chocolate: as we said earlier, we proceeded to garnish the cake with fruit.



Chef critiques and recommendations

The Chef has recommended us to start preparing our "Portfolio Project", to do so with the necessary time.

Personal Thoughts

This week has been very productive, we have prepared many components, and we had to use the time correctly, as the Chef always advises us to do.

WEEK 7 - RECIPES

FORMULA: CHOCOLATE MINT MOUSSE CAKE

Components:

Chocolate biscuit

Mint cake syrup

Mint crème brûlée insert

Chocolate mousse

Dark chocolate sprays decadent treat

Yield: 5 [8 inch (20 cm)] cakes

Test: 1 [8 inch (20 cm)] cake

Mise en Place

Cut out a 7 inch (18 cm) diameter circle from a sheet of chocolate biscuit, one per finished cake. Place in the middle of an 8 inch (20 cm) × 2 inch (5 cm) ring mold on a silpat-lined sheet pan.

FORMULA: CHOCOLATE BISCUIT

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Egg yolks	91.60	0.359	0.792		12 5/8	2 1/2 oz
Eggs	208.00	0.815	1.798	1	12 3/4	5 3/4 oz
Sugar #1	166.00	0.651	1.435	1	7	4 5/8 oz
Egg whites	133.00	0.521	1.150	1	2 3/8	3 5/8 oz
Sugar #2	66.60	0.261	0.576		9 1/4	1 7/8 oz
Pastry flour	50.00	0.196	0.432		6 7/8	1 3/8 oz
Cocoa powder	50.00	0.196	0.432		6 7/8	1 3/8 oz
Total	765.20	3.000	6.614	6	9 7/8	1 lb 5 oz

Process

1. Sift together the pastry flour and cocoa powder and reserve.
2. Whip the egg yolks, whole eggs, and first sugar to the ribbon stage.
3. Whip the egg whites and second sugar to medium-soft peaks.
4. Add the meringue to the whole egg and yolk foam in three stages and then fold in the sifted dry ingredients.
5. Deposit 21.5 oz (600 g) of batter per silicone mat-lined baking tray and spread evenly.
6. Bake at 400°F (205°C) for about 7 to 9 minutes.
7. Once out of the oven, transfer to another sheet pan to prevent carryover baking.

Mint Cake Syrup Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Fresh mint leaves	13.00	0.032	0.071		1 1/8	1/4 oz
Sugar	70.00	0.174	0.383		6 1/8	1 1/4 oz
Water	100.00	0.248	0.546		8 3/4	1 3/4 oz
Total	183.00	0.454	1.000	1	0	3 1/4 oz

Process, Mint Cake Syrup

1. Remove the stems from the mint; weight is for the leaf only. Wash thoroughly, and then dry in a salad spinner. Roughly chop the leaves and reserve.
2. Make a simple syrup, and then add the chopped mint. Infuse for 15 minutes, and then strain off the mint leaves.

Mint Crème Brûlée Insert Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Fresh mint	29.00	0.225	0.496		7 7/8	1 1/8
Whole milk	12.00	0.093	0.205		3 1/4	5/8 oz
35% cream	88.00	0.683	1.505	1	8 1/8	4 7/8 oz

Sugar	32.00	0.248	0.547		8 ¾	1 ¾ oz
Egg yolks	23.00	0.178	0.393		6 ¼	1 ¼ oz
Gelatin leaves	2.30	0.018	0.039		⅝	⅝ oz
Total	186.30	1.445	3.186	3	3	10 ¼ oz

Process, Mint Crème Brûlée Insert

1. Remove the stems from the mint; weight is for the leaf only. Wash thoroughly, and then dry in a salad spinner. Roughly chop the leaves and reserve.
2. Bring the milk and cream to a boil and then add the mint.
3. Cover the pot, and let the mint infuse for 30 minutes.
4. Strain the mixture through a chinois, and rescale the liquid to the original quantity by adding additional cream.
5. Add half of the sugar to this mixture and return to a boil.
6. Mix the remaining sugar with the egg yolks.
7. Temper part of the cream mixture into the egg yolk mixture and stir.
8. Return tempered mixture to cream mixture and warm the liquid to 180°F (82°C), cooking as for crème Anglaise.
9. Once cooked, strain through a chinois.
10. Add the bloomed gelatin off heat and stir to incorporate thoroughly.
11. Deposit into Flexipan molds at 8¾ oz (250 g) each and freeze.

Milk and Dark Chocolate Mousse Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
35% cream	94.00	1.014	2.236	2	3 ¾	2 ¾ oz
64% couverture	47.00	0.507	1.118	1	1 ⅞	1 ⅞ oz
38% milk chocolate	53.00	0.572	1.261	1	4 ⅞	1 ⅝ oz
Sugar	28.00	0.302	0.666		10 ⅞	⅞ oz
Water	14.00	0.151	0.333		5 ⅞	⅝ oz
Egg yolks	28.00	0.302	0.666		10 ⅞	⅞ oz
Gelatin leaves	0.95	0.010	0.023		⅜	½ sheet
40% cream, soft peak	94.00	1.014	2.236	2	3 ¾	2 ¾ oz
Total	358.95	3.874	8.540	8	8 ⅞	10 ⅞ oz

Process, Milk and Dark Chocolate Mousse

1. Make a ganache with the 35 percent cream and the chocolates.
2. Make a pâte à bombe with the sugar, water, and egg yolks.
3. Whip the 40 percent cream to soft peaks, and reserve in the refrigerator.
4. Once the pâte à bombe is at 80°F (27°C), add it to the ganache at 80°F (27°C).
5. Lastly, fold in the soft peak whipped cream in two stages.

Assembly

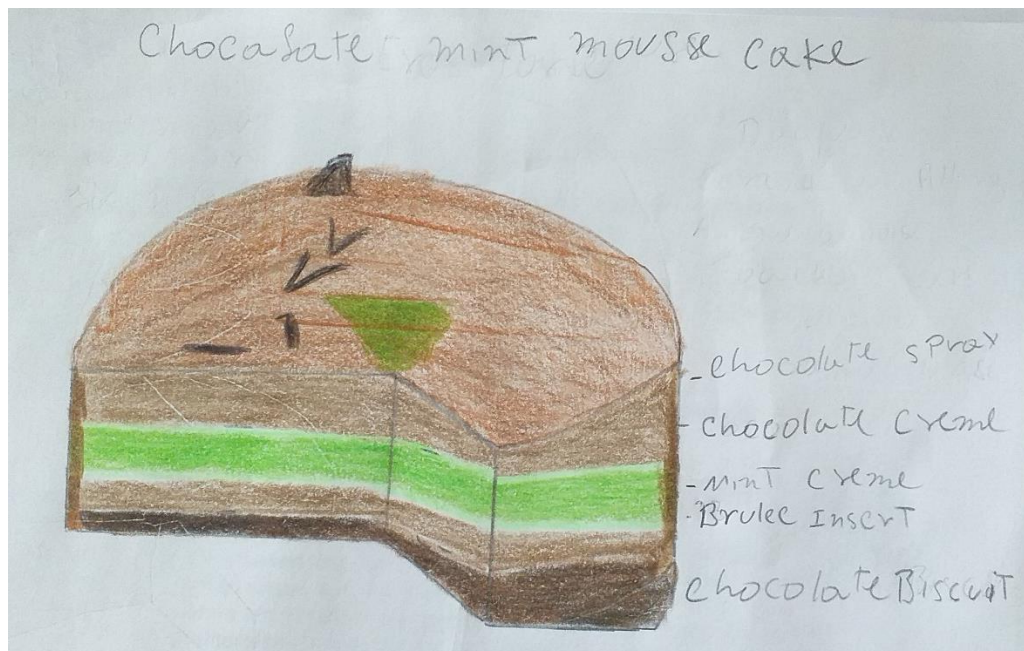
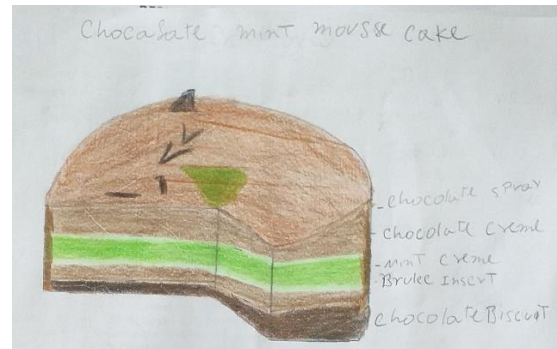
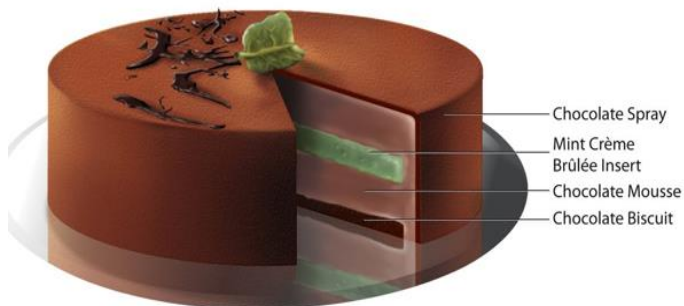
1. Place a 7 inch (18 cm) diameter round of chocolate biscuit on a silpat-lined sheet pan and place an 8 inch (20 cm) × 2 inch (5 cm) ring mold around it. Brush with the mint syrup.
2. Deposit the mousse halfway up the mold, over the chocolate biscuit cake base.
3. Remove the mint crème brûlée insert from the freezer, and press into the mousse.
4. Deposit the mousse into the mold to the top, level it off with a palette knife, and place it in the freezer.

Finishing

1. Warm the chocolate spray, assemble the spray gun, and reserve.
2. Unmold the cakes and place on a parchment-lined sheet pan for spraying.
3. While the cakes are still frozen, spray with the chocolate spray, and return to the freezer.

4. Warm the chocolate glaze to a pipable consistency, 85°F (29°C) to 90°F (35°C), and reserve.
5. With a gloved hand, splash some glaze quickly over the cake. Remove the template, transfer to a cake board, and garnish with a mint leaf.

CAKE DESIGN



JOURNAL 7

PRODUCTS INFORMATION AND DEMO:

This week we started, as usual, organizing the recipe and the quantities, the Chef had indicated $\frac{1}{2}$ recipe, but I prepared the ingredients for the whole recipe, this mistake I was in the end positive, because I had the opportunity to prepare an extra cake.

➤ **CHOCOLATE MINT MOUSSE CAKE - Components:**

- ❖ Chocolate biscuit
- ❖ Mint cake syrup
- ❖ Mint crème brûlée insert
- ❖ Chocolate mousse

❖ Dark chocolate spraya decadent treat

Chocolate biscuit: This is a traditional component for cake bases. I prepared the component, but this time with a greater awareness of what I needed and knowing what I had to do, after 7 weeks of study. In this part of the lesson the Chef explained to us the different cooking times, which vary according to the mold used, which is essential to obtain a good result. For example, when using the round mold that has a different height from the rectangular mold, it takes a few minutes more to bake, because the cake volume being higher. Instead, when using the rectangular mold, it is necessary to put more dough on the edge of the mold than in the center, because the bake is faster in the edges than in the center, this procedure prevents that the edges from burning.



Mint cake syrup: This is a component that we had not yet prepared, we followed the recipe and we learned to add flavors to the syrup using natural ingredients, like mint in this case.



Mint crème brûlée insert: In this component we proceeded first by preparing the Crème Brûlée, considering that it must cool in the freezer, by inserting, with infusion, the mint, filtering it before concluding the procedure, to remove all the residues.



Chocolate mousse: We had already performed this component, but on this occasion the Chef explained to us, very well, because it is necessary to wait until everything is ready, before mounting the mousse. In fact, if you don't have everything ready, the gelatin coagulates and therefore its handling becomes difficult. The Chef also recommended that you keep the whipping cream in the fridge, to prevent it from losing its consistency, and add it to the chocolate base just before whipping the cake.



Dark chocolate spray decadent treat: This component will be executed next week, when we will finish assembling the cake.

To start assembling the cake, first of all, as the Chef has taught us, we have prepared all the necessary tools to do so. Subsequently and at the same time as the Chef we assembled the cake, while he showed us, we made the same in succession.





After placing the cake in the refrigerator, we prepared "Jaconde Biscuit" with vertical red lines, a component that we will need next week for the final exam.

Chef critiques and recommendations

The Chef stressed that the details are very important in confectionery, because, for example, one more minute of baking a cake in the oven, and it is already burning, or mounting a mousse, without all the other ingredients ready, would mean lose all the work already done.

It is an exact science, in which coordination of timing, preparation and execution procedures are of fundamental importance for obtaining results. The Chef also reiterated the importance of preparing the timeline exactly, precisely to avoid all of the above.

Personal Thoughts

With practice, and each week that passes, I feel that my confidence in my abilities increases, and this gives me the chance to improve and face the different difficult situations that arise, with much more awareness. I think I still have a lot of room for improvement, and I am sure that with the practice we will do in the next quarter this will happen.

WEEK 8 - RECIPES

Dark Chocolate Spray

Ingredients	Baker's %	Kilogram	US decimal	Lb	&	Oz
64% Dark Couverture	50.00	0.227	0.500			8 oz
Cocoa Butter	50.00	0.227	0.500			8 oz
Total	100.00	0.454	1.000	1	lb	

Process, Chocolate Spray

1. Melt the chocolate and cocoa butter together to 120°F (49°C), and spray onto frozen cake using a spray gun.

FORMULA: WHITE CHOCOLATE MOUSSE CAKE WITH RASPBERRY

Components:

Biscuit Jaconde with vertical red lines (cake wall) **already done**

Emmanuel sponge with raspberry and pistachios (cake bottom)

Raspberry insert

White chocolate mousse
 Raspberry gelee
 White chocolate decor
 Fresh raspberries
 Yield: 5 [8 inch (20 cm)] cakes
 Test: 1 [8 inch (20 cm)] cake

Mise en Place

Before making the mousse, prepare the 8 inch (20 cm) x 2 inch (5 cm) cake molds with the acetate sheet; place the cake wall with biscuit jaconde and then the Emmanuel sponge cake bottoms at 7 inch (18 cm) diameter circle. The height of the cake wall should be approximately three-fourths the height of the mold.

RASPBERRY INSERT FORMULA

Ingredients	Baker's %	Gram
Raspberry puree	100.00	190 g
Sugar	30.00	57 g
Gelatin leaf	3.00	6 g
Total	133.00	253 g

Process, Raspberry Insert

- Bloom the gelatin and warm the puree and the sugar to 120° F (49° C)
- Melt the gelatin and temper it into puree then emulsify, deposit into 6 inch (15 cm) diameter Flexipans, and freeze.

White Chocolate Mousse Formula

Ingredients	Baker's %	Gram
Milk	52.40	125 g
Vanilla bean	Each	0.5 g
Sugar	3.20	8 g
Egg yolks	12.00	28 g
Gelatin	1.40	35 g
White chocolate	100.00	233 g
Heavy cream	153.00	357 g
Total	322.00	786.5

Process, White Chocolate Mousse

- Bloom the gelatin in very cold water and reserve.
- Melt the white chocolate and reserve.
- Whip the heavy cream to soft peaks and reserve.
- Make a crème Anglaise with the milk, vanilla, sugar, and egg yolks.
- Strain the crème Anglaise through a fine chinois into a clean dry bowl, and add the bloomed melted gelatin to it. Stir to emulsify.
- Add the melted white chocolate to the crème Anglaise, and form an emulsion.
- When this mixture reaches 80° F (27° C), fold in the soft peak whipped cream.

Raspberry Gelee

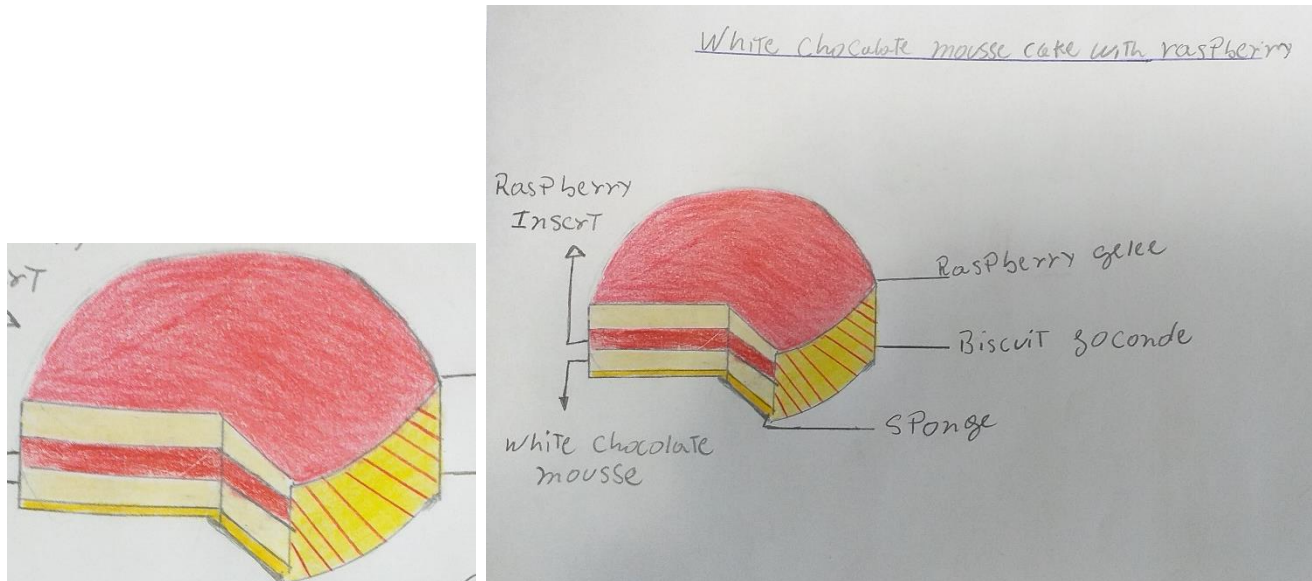
Ingredients	Baker's %	Gram
Raspberry puree	100.00	85 g
Simple syrup	100.00	85 g
Gelatin	6.50	5.5 g
Total	206.50	175.5 g

Process, Raspberry Gelee

- Bloom the gelatin and reserve.

13. Warm the simple syrup; melt the gelatin, add it to the warm syrup, and mix well.
14. Temper the simple syrup into the puree and emulsify with the immersion blender.
15. Use at 90° F (33° C)

CAKE DESIGN



JOURNAL 8

PRODUCTS INFORMATION:

This week we carried out the practical examination at the end of the quarter, we prepared all the ingredients for the components of the cake as usual and as the Chef taught us.

➤ **WHITE CHOCOLATE MOUSSE CAKE WITH RASPBERRY - Components:**

- ❖ Biscuit Jaconde with vertical red lines
- ❖ Emmanuel sponge
- ❖ Raspberry insert
- ❖ White chocolate mousse
- ❖ Raspberry gelee
- ❖ Fresh raspberries

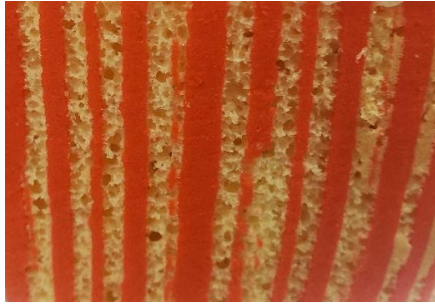
➤ **CHOCOLATE MINT MOUSSE CAKE - Components:**

- ❖ Dark Chocolate Spray

WHITE CHOCOLATE MOUSSE CAKE WITH RASPBERRY

Biscuit Jaconde with vertical red lines: We prepared this component last week, as it was necessary to keep it in the refrigerator and use it cold, so it was ready.

Emmanuel Sponge: We also prepared this component last week.



Raspberry insert: This component is not new; we had already prepared it before and there were not too many difficulties. This is the first component of the cake that we have prepared because it needs time in the fridge.



White chocolate mousse: This component we had to do twice, the first execution was perfect, instead in the second execution I had the problem of overmix, I immediately thought of adding a little whipped cream, confirmed this procedure with the Chef, I managed to recover the component.



At this point of the exam we started to assemble the cake:



The Chef showed us how to eventually remedy if the cake base, as in our case, has a different size to the mold to use:



After that we filled the cake with a layer of mousse, a layer of Raspberry insert, and again a layer of mousse:



After that we put the cake structure in the fridge and we started preparing the dark chocolate spray for the decoration of **CHOCOLATE MINT MOUSSE CAKE**, already ready since last week.

Dark Chocolate Spray: For this component we dissolved the cocoa butter with chocolate, once ready we used the gun for the first time. The Chef showed us the Demo to see how to use it:



Once the whole cake is covered with Dark Chocolate Spray, we put it in the fridge to talk about cooling before finishing the decoration.

After that we started preparing the **Raspberry gelee** component, the last component for the **WHITE CHOCOLATE MOUSSE CAKE**, after completing the procedure we put the gelee on the cake and covered it again in the refrigerator:



to proceed later to the last decoration of the **CHOCOLATE MINT MOUSSE CAKE**.



Once we did that, we took the cake from the fridge to complete, even here the decoration with raspberries and mint leaves:





Chef critiques and recommendations

The Chef appreciated our work and complimented me, and encouraged us throughout the exam.

Personal Thoughts

Even though I had a little problem with the mousse, I managed to keep myself calm and resolve, even with the help of the Chef, I am very satisfied with my work and the result, and I think I left the Chef quite satisfied.

SPECIAL JOURNAL - OCTOBER 28, 2019

KOSHER CUISINE

In this quarter the Chef gave me a great opportunity: to get to know a kosher cuisine. In fact, he allowed us to accompany him to a tutorial he had given in a kosher cuisine on October 27, 2019. It was a really interesting experience for me, as well as the Chef who presented us with a lot of consideration, and this for me is priceless. The Chef asked us to prepare a journal, telling this special Sunday, with the introduction of what a kosher cuisine is. Below is my journal prepared for this special occasion:

INTRODUCTION

To understand what "kosher cuisine" means, you must first understand the term "kosher" and what "Kosher Food" means.

What "kosher" means

In Hebrew, the word kosher means "fit" or "proper". According to Jewish law, there are, in fact, foods that are considered fit, i.e. permissible, or not permissible. Only a few varieties of meat, slaughtered according to the laws of shekhità, are served. Kosher slaughtering ensures that the act of slaughter occurs with the utmost level of respect for the animal. It is interesting to note that, following slaughter, the animal is subjected to a strict inspection to check that its lungs and innards are healthy. Milk and its derivatives are not used since, by Jewish law, it is forbidden to simultaneously eat meat and dairy products. The food, the procedures followed and the utensils used in the kitchen are regularly controlled by a rabbi.

What “kosher food” means

Kosher menu features a selection of the best-known recipes from Israel and several Arab countries including Egypt, Lebanon, Syria and Iran, with forays into nearby Greece. Expect meat-based dishes (beef, lamb, veal, chicken and turkey) as well as a number of fish (shell-fish and seafood are excluded) and vegetarian specialties. Everything is prepared on the spot, in full compliance with the principles of kosher cuisine, which calls for high standards of quality and hygiene. To give you an example, its fruit and vegetables are personally washed by the rabbi who, in strict keeping with Jewish law, eliminates all possible traces of impurities.

Despite offering meat and fish-based dishes, for religious reasons, no mixed dishes are served. Although this is a Jewish prescript, it is also beneficial for health reasons. In fact, according to various studies conducted by nutritionists, the consumption of both foods during the same meal is not recommended. Though strictly kosher, its cuisine offers a culinary cabaret of fresh, authentic, light dishes that not only have a low-calorie content but are also easy to digest.

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Cookware in a Kosher Cuisine

In order to keep kosher, your entire kitchen—from cooking spaces to dining spaces and storage spaces—must be kosher.

Most importantly, you must have separate dishes and cutlery for meat and dairy. Under Jewish dietary law, even a trace of meat on a dairy dish (or vice versa) will render the dishes and your kitchen non-kosher.

This extends to the pots, pans, cooking tools, and even the surfaces you use to prepare and serve meals with meat and dairy. The observant people will have separate counters for meat and dairy food preparation and separate cabinets to store meat and dairy dishes and cooking equipment.

Also, will to need separate meat and dairy tablecloths, cloth napkins, and placemats, and you'll need to take care that open containers of meat and dairy food are stored in a way that they cannot touch each other in the refrigerator. Don't use the oven or the microwave for meat and dairy foods at the same time, and make sure to clean up any spills quickly and thoroughly.

To shouldn't wash meat and dairy dishes together, should use dish tubs for each set of cookware and dishes. A dishwasher, it should have a stainless-steel interior that's cleaned between loads of meat and dairy dishes. In fact, Orthodox rabbis maintain that you can't use the same dishwasher to wash meat and dairy dishes, even if you run them at different times and clean the machine in between.

Personal Thoughts

Today it was a very interesting and very producing experience. The chef involved us in the class as his pupils of the advanced class of the school, as well as having the opportunity to learn about a kosher kitchen, of which I had heard from Jewish friends, but I had not yet had the chance to know one.



SUMMARY

Before starting this course, I would never have thought that being a pastry chef could be an alternative to being a cook.

In these 3 months, in addition to greatly improving my knowledge of this subject, I also learned to appreciate it and, although very difficult, I cannot exclude my future in this immense pastry world.

I must say that all this was certainly possible thanks to the Chef who gave me the necessary tools and information, in order to learn, the only thing that I regret is that we would not have the Chef as a teacher in the next quarter.

It has not always been easy and we have certainly had difficult moments, because in this art distraction is not allowed, but I know that I will surely have nostalgia for the music and coffee that the Chef has given us many times in these three months.

Chef thank you for everything and everything you taught me and I hope to give you great satisfaction in the future.



Sachertorte



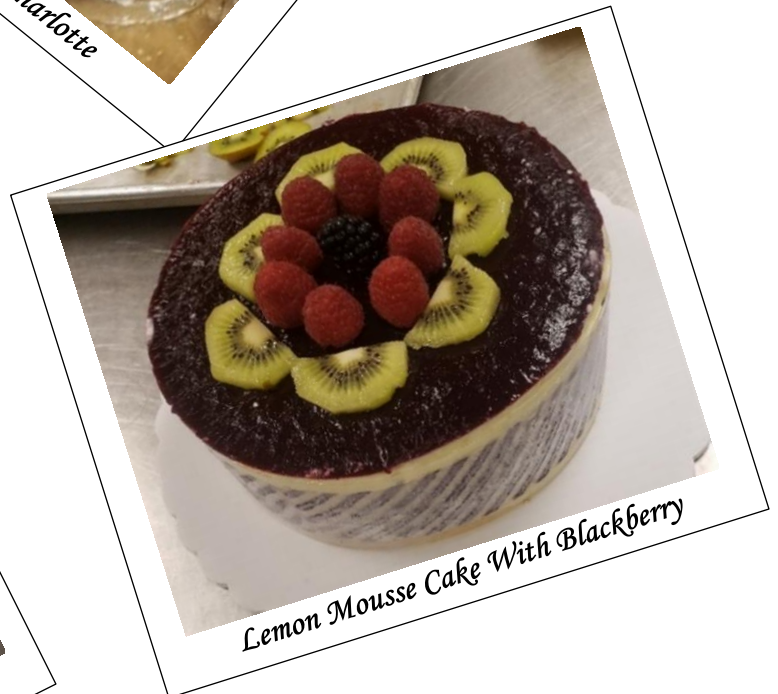
Tiramisu'



Fresh Fruit Charlotte



White Chocolate Mousse Cake



Lemon Mousse Cake With Blackberry



Opera Cake