



# **PART I**

## **Portfolio Project**

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EUROPEAN CAKES & TORTES

CUL202 section 10001

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## INTRODUCTION

When I decided to pursue this career, for me pastry was an unknown art. It is precisely for this reason that I have chosen to participate in this course. The experience was fantastic and I confess that I didn't expect to be so enthusiastic about this topic.

I was fortunate not only to have an excellent Chef, but also the good fortune to have it available almost exclusively, since we were only 2 students, and I think this was the thing that motivated me the most, and encouraged to do my best for get good results.

I am proud of my work and I hope that in the near future I can put into practice all that I have learned.

This Portfolio Project will have the following chronological order:

- ✓ recipes
- ✓ cake design
- ✓ journal and photos of the products
- ✓ reflections/notes

My first lesson in "European Cakes & Tortes" was actually performed in the second week of study, so I will be counting the weeks starting from number 1, performed in the second week of the autumn quarter.

## WEEK 1 - RECIPES

### SACHER TORTE

A specialty of the famed Sacher Hotel in Vienna since 1832, this torte exemplifies the simple elegance of a well-crafted torte. A relatively rich chocolate batter is lightened with whipped egg whites. Ground hazelnut flour adds flavor and moisture to the cake. Apricot jam acts as the filling, adhering the two layers and further moistening the cake, which has an extended shelf life. According to the hotel, more than 360,000 Sacher tortes are produced annually, using the exact same formula kept secret for more than 175 years.

**Yield:** 2 Cakes, 9 in. (22 cm)

**Method:** Creaming

All-purpose flour	10 oz.	300 g	100%
Cocoa powder, alkalized	3 oz.	90 g	30%
Unsalted butter, softened	12.5 oz.	375 g	125%
Granulated sugar	1 lb. 2 oz.	540 g	180%
Egg yolks	8.4 oz. (14 yolks)	255 g	85%
Hazelnuts, toasted and ground	3 oz.	90 g	30%
Egg whites	14 oz. (14 whites)	420 g	140%
Total batter weight:	4 lb. 5 oz.	2070 g	690%
Apricot jam	1 lb. 2 oz.	540 g	
Apricot glaze	as needed	as needed	
Chocolate Glaze (page 456)	as needed	as needed	

1. **Grease** two 9-inch (22-centimeter) springform pans lightly with butter and line with parchment paper.
2. Sift the flour and cocoa powder together twice. Set aside.
3. Cream the butter and 7 ounces (210 grams) of the sugar together until light and fluffy. Gradually add the egg yolks and beat well.
4. Fold in the sifted flour and cocoa powder and the hazelnuts by hand.
5. Whip the egg whites to soft peaks, then gradually add the remaining sugar and continue whipping until stiff, glossy peaks form.
6. Lighten the batter by folding in approximately one-quarter of the egg whites, then fold in the remaining whites.
7. Pour the batter into the prepared pans and bake at 350°F (180°C) until the cakes are set, approximately 35 to 45 minutes.
8. Cool the cakes 5 minutes before removing from the pans.
9. Cool completely, then cut each cake horizontally into two layers. Spread apricot jam on each layer and restack them, creating two two-layer cakes.
10. Heat the apricot glaze until spreadable. Pour it over the top and sides of each cake.
11. Allow the apricot glaze to cool completely, then pour the Chocolate Glaze or Silky Ganache Deluxe over the top and sides of each cake to create a smooth, glossy coating.

### Silky Ganache Deluxe

**Yield:** 3 lb. 2 oz. (1500 g)

Heavy cream	1 pt	480 ml
Granulated sugar	5 oz.	150 g
Corn syrup or glucose	5 oz.	150 g
Semisweet or bittersweet chocolate (58–68% cacao)	1 lb. 3 oz.	570 g
Unsalted butter	5 oz.	150 g

1. In a large saucepan, bring the cream, sugar and corn syrup to a boil.
2. Chop the chocolate and butter into walnut-size pieces and place them in a large mixing bowl.
3. When the cream mixture boils, pour one-sixth of it over the chocolate-and-butter mixture. Stir the chocolate with a rubber spatula. Add the remaining cream in five increments, stirring well between additions to emulsify the ganache.
4. Use immediately to glaze cakes or pastries or refrigerate. Heat refrigerated ganache over a bain marie to 120°F–130°F (48°C–54°C), depending on the coldness of the cake being iced.

#### FORMULA: LEMON AND RED FRUIT BÛCHE DE NOËL

Components

Roulade, one full sheet

Lemon soaking syrup

Red fruit compote

Lemon buttercream

Fruit and meringue decoration

Yield: 3 [7 inch (18 cm)] cakes

Test: 1 [7 inch (18 cm)] cake

#### FORMULA: ROULADE

Roulade, which is also called jelly roll by Americans and Swiss roll by the English, is a light and delicate sponge cake used for rolled desserts such as the traditional Bûche de Noël.

Ingredients	Baker's %	Kilogram	US decimal		Lb & Oz	Test
Egg yolks	80.00	0.414	0.914		14 <sup>5</sup> / <sub>8</sub>	2 <sup>7</sup> / <sub>8</sub> oz
Eggs	222.22	1.151	2.538	2	8 <sup>5</sup> / <sub>8</sub>	8 <sup>1</sup> / <sub>8</sub> oz
Sugar #1	86.67	0.449	0.990		15 <sup>7</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>8</sub> oz
Egg whites	133.33	0.691	1.523	1	8 <sup>3</sup> / <sub>8</sub>	4 <sup>7</sup> / <sub>8</sub> oz
Sugar #2	150.00	0.777	1.713	1	11 <sup>3</sup> / <sub>8</sub>	5 <sup>1</sup> / <sub>2</sub> oz
Pastry flour	100.00	0.518	1.142	1	2 <sup>1</sup> / <sub>4</sub>	3 <sup>5</sup> / <sub>8</sub> oz
Total	772.22	4.000	8.819	8	13 <sup>1</sup> / <sub>8</sub>	1 lb 12 <sup>1</sup> / <sub>4</sub> oz

Yield: 4 sheets

1. Sift the flour; set aside.
2. Warm the egg yolks, whole eggs, and first sugar to 110°F (43°C) over a bain-marie.
3. Whip the egg yolks, whole eggs, and first sugar with the whip attachment until the ribbon stage.
4. Whip the egg whites with the second sugar until medium peaks are formed.
5. Fold the egg whites into the whole egg mixture in three stages.
6. Fold the flour into the egg foam.
7. Deposit onto silicone mat-lined sheet pans at 27 oz (800 g) and bake at 400°F (205°C) for about 8 to 10 minutes.
8. Once out of the oven, transfer to another sheet pan to prevent carryover baking.

#### Lemon Soaking Syrup Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz
Simple syrup	100.00	0.129	0.284	4 <sup>1</sup> / <sub>2</sub>
Lemon juice	16.67	0.021	0.047	<sup>3</sup> / <sub>4</sub>
Lemon zest	Each	1 <sup>1</sup> / <sub>4</sub>	1 <sup>1</sup> / <sub>4</sub>	1 <sup>1</sup> / <sub>4</sub>
Total	116.67	0.150	0.331	5 <sup>1</sup> / <sub>4</sub>

Add the lemon juice and zest to the simple syrup. Reserve until needed.

#### Red Fruit Compote Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz
Cherries, frozen	33.33	0.062	0.138	2 <sup>1</sup> / <sub>4</sub>
Raspberry, frozen	33.33	0.062	0.138	2 <sup>1</sup> / <sub>4</sub>

Blackberry, frozen	33.33	0.062	0.138	2 ¼
Lemon juice	8.33	0.016	0.034	½
Sugar #1	16.67	0.031	0.069	1 ⅛
Vanilla pod, used	Each	1	1	1
Sugar #2	6.67	0.013	0.028	½
Pectin NH	1.67	0.003	0.007	⅛
Total	133.33	0.250	0.551	8 ⅞

1. Combine and heat the frozen fruit, lemon juice, first sugar, and vanilla bean.
2. When the mixture reaches 150°F (65°C), add the second sugar blended well with the pectin NH.
3. Cook the mixture until it boils for 1 minute, then transfer to a clean container and store covered to the surface in the refrigerator.

### Lemon Buttercream

#### Custard Base for Buttercream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz
Lemon juice	100.00	0.118	0.260	4 ⅛
Egg yolks	77.00	0.091	0.200	3 ¼
Sugar	100.00	0.118	0.260	4 ⅛
Total	277.00	0.327	0.720	11 ½

1. In a saucepan, heat the lemon juice.
2. In a mixing bowl, combine the egg yolks and sugar.
3. When the lemon juice boils, temper it into the egg yolk–sugar mixture.
4. Return this to the stove and cook until 180° F (82°C) as for a crème Anglaise.
5. Strain through a chinois into a mixer fitted with the whip and mix on medium speed until the mixture is 80°F (27°C).
6. See the final buttercream process for finishing instructions.

#### Italian Meringue Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz
Water	30.00	0.037	0.081	1 ¼
Sugar #1	100.00	0.122	0.269	4 ¼
Egg whites	50.00	0.061	0.134	2 ⅛
Sugar #2	6.00	0.007	0.016	¼
Total	186.00	0.227	0.500	8

1. In a saucepan, prepare the first sugar and the water as for an Italian meringue.
2. In a mixing bowl with the whip attachment, begin to whip the egg whites with the second sugar when the first sugar is cooked to the thread stage 241°F (116°C).
3. When the sugar reaches firm ball stage 250°F (121°C), slowly pour the sugar down the side of the mixing bowl.
4. Whip until cool.
5. See the final buttercream process for finishing instructions.

#### Final Buttercream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz
Custard base	66.00	0.326	0.719	11 ½
Butter, soft	100.00	0.494	1.090	1 ⅜
Lemon zest	2.60	0.013	0.028	½
Italian meringue	46.00	0.227	0.501	8
Total	212.00	1.048	2.310	2 5

1. Add the soft butter a small amount at a time to the cool, whipping custard base.
2. Continue to whip until the mixture is smooth and well emulsified, and then add the zest.
3. Add the Italian meringue and mix to incorporate.

## Final Assembly

1. Release the roulade from the silpat and brush with the 5 ¼ oz (150 g) lemon syrup.
2. On the half of the roulade closest, apply a layer of the red fruit compote [7 oz (200 g)].
3. On the other half of the roulade, apply a layer of the lemon buttercream [10 ½ oz (300 g)].
4. Roll the cake and tighten with parchment paper.
5. Ice the cake with 13 ⅞ oz (375 g) lemon buttercream and decorate as for Bûche de Noël.

## CAKE DESIGN

The drawings were requested by the chef starting from the 2nd week.

### JOURNAL 1

#### PRODUCTS INFORMATION AND DEMO:

We started by checking the recipes and the related ingredients, for the execution of the 2 cakes, with the Chef, with whom we also defined the dimensions of the mold to be used for cooking both. In fact, the original recipe included 2 9-inch cakes, but we prepared 3 6-inch cakes.

After that with the Chef we divided the work between me and Betty, I proceeded to execute the “Sacher Torte” and Betty the “Lemon and Red Fruit Bûche De Noël”, although we shared both recipes to learn them.

#### ➤ **SACHER TORTE – Components:**

- ❖ Ganache deluxe
- ❖ Apricot glaze

I prepared the recipe for the dough and listened very carefully to the Chef's advice, in particular he advised me to start whipping the egg whites, when I put the flour and cocoa powder in the butter cream.

With the dough I prepared, I filled 6 cake molds, and I baked at 350 degrees F, for about 25/30 minutes, checking with the toothpick to make sure the cake was dry inside.

While I was baking the cake in the oven, I prepared the ganache and apricot glaze, following the recipes of the previous course.



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We have assembled 3 cakes, one of which the Chef has filled in a different way from the traditional one, which is composed of a layer of cake, a layer of jam, the other layer of cake and another layer of jam, making it firm in the refrigerator, finalizing it, only later, with the layer of ganache.



➤ **BÛCHE DE NOËL – Components:**

- ❖ Roulade
- ❖ Lemon soaking syrup
- ❖ Red fruit compote
- ❖ Lemon buttercream
- ❖ Fruit and meringue decoration

In this recipe the Chef showed how to distribute the dough in a sheet, which we then baked for a few minutes at 400 degrees F.



Once all the components were finished, the Chef showed us how to roll and fill the Bûche De Noël.

The first step is to place the syrup, after which on one side the red fruit jam is spread, and on the other side the Italian lemon cream, and then it is rolled up, so that the closure of the roll is downwards.





## **Chef critiques and recommendations**

The chef pointed out:

1. organize the time sequence to correctly execute the recipe procedures.
2. you have to whip the white eggs, incorporating the flour with the butter cream, to have it ready in the next phase, or when you have to add it to the dough.



3. you must pay close attention to the baking of the cake to avoid over-cooking.

## **Personal Thoughts**

This first week, due to some setbacks, which made us do a bit of delay in class, we were able to learn various techniques such as:

- a new method to fold
- The correct way to place the toothpick to control baking



The Chef taught us the technique to know how to adjust the oven temperature based on the quantity and size of the cakes to be baked.

Following are the photos of the cutting of the cake I made at home, as requested by the Chef





## WEEK 2 - RECIPES

### FORMULA: FRESH FRUIT CHARLOTTE

Charlotte is a timeless French cake composed of a light cream, such as Bavarian cream or diplomat cream, which is placed in a mold lined with ladyfinger sponge cake. This version is filled with diplomat cream, layered with red berry compote and lemon crèmeux.

Components:

Ladyfinger sponge

Kirschwasser simple syrup

Berry compote

Lemon crèmeux

Vanilla diplomat cream

Fresh fruit

Powdered sugar

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

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

Kirschwasser Syrup Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Water	100.00	0.258	0.569		9 ½	1 oz
Sugar	84.08	0.217	0.479		7 ⅝	⅞ oz
Kirschwasser	9.55	0.025	0.054		⅞	⅞ oz
Total	193.63	0.500	1.102	1	1 ⅞	2 oz

Process, Kirschwasser Syrup

Bring the water and sugar to boil and cool. Then add the alcohol.

Berry Compote Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Raspberry	40.00	0.226	0.498		8	1 ⅞ oz
Blackberry	20.00	0.113	0.249		4	¾ oz
Blueberry	40.00	0.226	0.498		8	1 ⅞ oz
Raspberry puree	40.00	0.226	0.498		8	1 ⅞ oz
Blackberry puree	40.00	0.226	0.498		8	1 ⅞ oz
Vanilla bean	Each	1	1		1	⅞ each
Sugar	38.00	0.214	0.473		7 ⅞	1 ½ oz
Gelatin	3.00	0.017	0.037		⅝	⅞ oz
Total	221.00	1.247	2.750	2	12	8 ¾ oz

Process, Berry Compote

- 1 Bloom the gelatin in cold water.
- 2 Combine and heat the berries and puree; add the vanilla bean and the sugar.
- 3 Simmer the berry mixture for 1 minute. Discard the vanilla bean.
- 4 Cool slightly and add the bloomed, melted gelatin.
- 5 Stir well, deposit into a 6 inch (15 cm) diameter FlexiMold, and freeze.

Pastry Cream for Diplomat Cream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Whole milk	100.00	0.856	1.888	1	14 ¼	6 oz
Sugar #1	12.50	0.107	0.236		3 ¾	¾ oz
Vanilla bean	Each	1	1		1	¼ each
Cornstarch	7.50	0.064	0.142		2 ¼	½ oz
Sugar #2	25.00	0.214	0.472		7 ½	1 ½ oz
Egg yolks	16.25	0.139	0.307		4 ⅞	1 oz

Butter	12.50	0.107	0.236		3 ¼	¾ oz
Lemon zest	Each	1 ¼	1 ¼		1 ¼	¼ each
Total	173.75	1.488	3.281	3	4 ½	10 ½oz

#### Process, Pastry Cream for Diplomat Cream

1. Scale the whole milk, the first sugar, and the vanilla bean into a stainless steel pot and bring to a boil.
2. Meanwhile, scale the second sugar and cornstarch into a bowl, and mix to combine.
3. Scale the egg yolks into the sugar–starch mixture, and whisk until combined.
4. When 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 back to the pot, constantly stirring.
6. Continue to cook the custard while stirring until it has boiled for 2 minutes.
6. Turn off the heat, and add the butter and lemon zest. Stir until mixed in completely.
7. Pour the pastry cream onto a clean, parchment-lined sheet pan, and cover the surface of the custard with plastic wrap.
8. Refrigerate immediately until needed.

#### Diplomat Cream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Pastry cream	100.00	1.488	3.281	3	4 ½	10 ½ oz
Whipped cream	100.00	1.488	3.281	3	4 ½	10 ½ oz
Gelatin	1.60	0.024	0.052		⅞	⅞ oz
Total	201.60	3.000	6.614	6	9 ⅞	1 lb 5 ⅞ oz

#### Process

1. Whip the cream to soft peaks and reserve in the refrigerator.
2. Meanwhile, bloom the gelatin in cold water.
3. Take the pastry cream (five times the weight of the gelatin), and warm to 120°F (49°C) in a microwave.
4. Melt the bloomed gelatin in a microwave, and add to the warmed pastry cream.
5. Whip the reserved pastry cream until smooth, and then temper in the gelatin and pastry cream mix.
6. Fold in the soft peak whipped cream.

#### Assembly

1. Place a 7 inch (18 cm) diameter ladyfinger in an 8 inch (20 cm) cake ring with an acetate strip, and line the perimeter of the cake with the ladyfinger band.
2. Brush the cake base with the cake syrup.
3. Pour over 8 oz (230 g) of the diplomat cream.
4. Place a disc of frozen berry compote insert.
5. Pour over 8 oz (230 g) of the diplomat cream.
6. Place a disc of frozen lemon crèmeux insert.
7. Fill the cake ¼ inch (0.6 cm) below to the top of the ladyfingers with the diplomat cream and smooth the top of the cake with a pastry spatula.
8. Reserve in the refrigerator for at least 6 hours.

#### Finishing

1. Transfer to a gold board and remove the ring mold.
2. To finish, garnish the cake abundantly with fresh fruit, and apply apricot glaze and powdered sugar as applicable.

## FORMULA: TIRAMISU

Desserts similar to tiramisu are noted as far back as the Renaissance, and folklore relates fanciful tales about tiramisu as a favorite dessert of Venetian courtesans, who relied on the espresso-laden treat as a “pick me up” (the literal translation of *tiramisu*) to fortify themselves between amorous encounters.

Components:

Ladyfinger sponge

Rum and coffee cake syrup

Tiramisu cream

Chocolate powder

Powdered sugar

Chocolate décor

Rum and Coffee Syrup Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Coffee, strong and hot	100.00	0.909	2.004	2	0	6 <sup>3</sup> / <sub>8</sub> oz
Sugar	50.00	0.454	1.002	1	0	3 <sup>1</sup> / <sub>4</sub> oz
Dark rum	15.00	0.136	0.301		4 <sup>3</sup> / <sub>4</sub>	1 oz
Total	165.00	1.500	3.306	3	4 <sup>7</sup> / <sub>8</sub>	11 <sup>7</sup> / <sub>8</sub> oz

Process, Rum and Coffee Syrup

Add the sugar to the hot coffee and stir to dissolve the sugar.

Next, add the alcohol.

Tiramisu Cream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Mascarpone cheese	71.00	1.402	3.092	3	1 <sup>1</sup> / <sub>2</sub>	9 <sup>7</sup> / <sub>8</sub> oz
Coffee extract	7.00	0.138	0.305		4 <sup>7</sup> / <sub>8</sub>	1 oz
Powdered sugar, sifted	19.00	0.375	0.827		13 <sup>1</sup> / <sub>4</sub>	2 <sup>5</sup> / <sub>8</sub> oz
Dark rum	4.40	0.087	0.192		3 <sup>1</sup> / <sub>8</sub>	<sup>5</sup> / <sub>8</sub> oz
Heavy cream	100.00	1.975	4.355	4	5 <sup>5</sup> / <sub>8</sub>	13 <sup>3</sup> / <sub>8</sub> oz
Gelatin, leaves	1.10	0.022	0.048		<sup>3</sup> / <sub>4</sub>	<sup>1</sup> / <sub>8</sub> oz
Total	202.50	4.000	8.818	8	13 <sup>1</sup> / <sub>8</sub>	1 lb 12 <sup>1</sup> / <sub>4</sub> oz

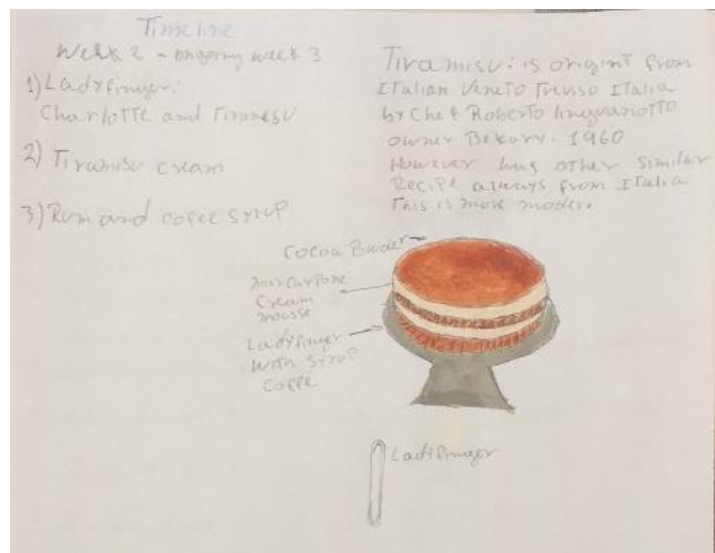
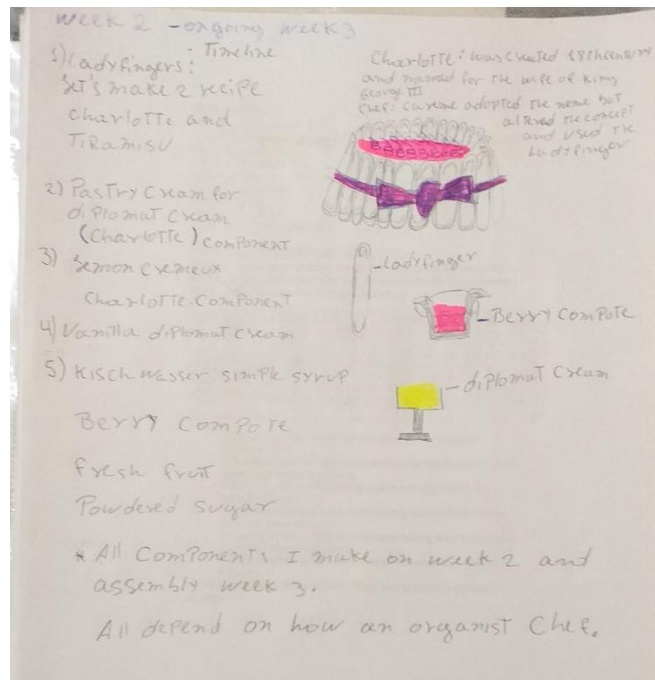
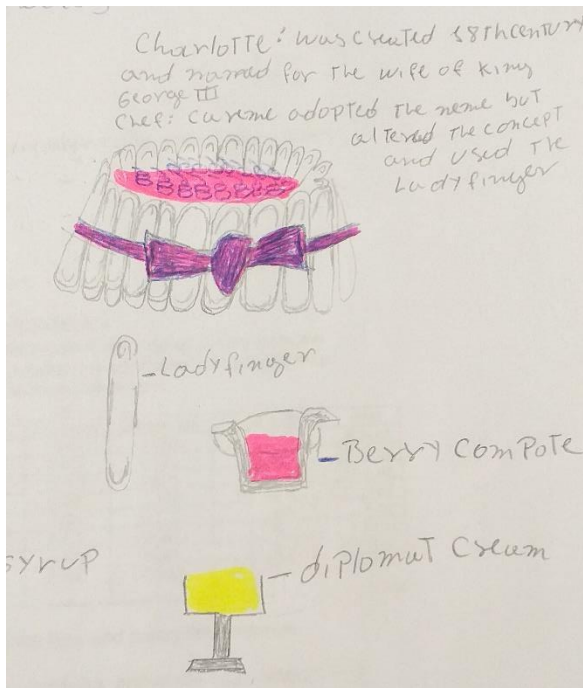
Process, Tiramisu Cream

1. Bloom the gelatin in cold water.
2. Temper the gelatin into the heavy cream.
3. Whip the cream, sugar, and mascarpone cheese on medium speed until soft peaks.
4. Add the coffee extract and then rum and mix just until incorporated. Do not overmix.

Assembly

1. Place a 7½ inch (19 cm) diameter ladyfinger disc in an 8 inch (20 cm) cake ring lined with an acetate strip.
2. Brush the cake base with the cake syrup.
3. Deposit some of the tiramisu cream and top with a layer of ladyfinger sponge. Soak the cake with syrup.
4. Next, deposit some more tiramisu cream.
5. Add another disc of ladyfinger brushed with coffee syrup.
6. Fill the ring to the top with the cream and smooth the top of the cake with a pastry spatula.
7. Reserve in the freezer for at least 2 hours.
8. Once well chilled, garnish the cake with chocolate powder and powdered sugar.
9. Next, transfer to a gold board, remove the cake ring, and garnish with a chocolate band.

# CAKE DESIGN



## JOURNAL 2

### PRODUCTS INFORMATION AND DEMO:

Also, this week, as usual, we were confronted with the Chef, who asked us all the pertinent questions about the cakes to be made and all the quantities of their components.

#### ➤ FRESH FRUIT CHARLOTTE – Components:

- ❖ Ladyfinger sponge
- ❖ Kirschwasser simple syrup

- ❖ Berry compote
- ❖ Lemon crèmeux
- ❖ Vanilla diplomat cream

We started preparing the first component, namely the base of the cake (*Ladyfingers*).

Following the Chef's advice, we used two mixers, for the preparation of the ingredients, one for the egg whites, and the other for the yolks.

The Chef showed us the correct procedure to make folds, how to make molds and how to baking. In this phase the Chef made us test the cake base in the oven, to understand exactly the cooking point.



The "**Lemon Crèmeux**" component, is a lemon cream that is mixed with the spatula, to avoid the incorporation of air, in this cream the exact thickening point is very important, because the recipe indicates to until a temperature of 180° F, but with the Chef we saw that at 160° F was already ready.





The "**Berry Compote**" component is a mixture of various fruits, which is cooked with pure fruit and vanilla. The key point of this component is gelatin, in fact the Chef taught us a new technique to incorporate it, which first requires hydration in cold water, after which it dissolves in the microwave, only after that, which is incorporated into the component.



The basis of the "**Diplomatic Vanilla Cream**" is the custard. Once the custard is made, which is stored in the refrigerator, the cream is whipped, the gelatin is dissolved, all stored separately in the refrigerator, and only a few minutes before the cake is assembled, all the ingredients are added.

The technique that the Chef taught us at this stage is how to quickly cool the cream.



The Chef showed us all the cake assembling as shown in the pictures below:







➤ **TIRAMISU – Components:**

- ❖ Ladyfinger sponge
- ❖ Rum and coffee cake syrup
- ❖ Tiramisu cream
- ❖ Chocolate powder
- ❖ Powdered sugar
- ❖ Chocolate décor

The ingredients of the component "tiramisu cream" are:

- ✓ Mascarpone cheese
- ✓ Coffee extract
- ✓ Powdered sugar, sifted
- ✓ Dark rum
- ✓ Heavy cream
- ✓ Gelatin, leaves

During the preparation of the tiramisu cream we made a serious mistake, that is we mixed the mascarpone together the whipped cream, instead of, first of all, soften the mascarpone and then whip the whipped cream separately, only later must they be incorporated together with the gelatin, for avoid lumps.



After correcting the tiramisu cream, the Chef proceeded to assemble the cake, while he soaked the " Ladyfinger sponge " with " Rum and coffee cake syrup".





### **Chef critiques and recommendations**

The Chef showed how to use both aluminum paper and baking paper, to avoid chemical reactions using only aluminum paper and any color changes.

### **Personal Thoughts**

Also, this week I can be satisfied with my learning and I am learning many techniques and procedures, in particular how to optimize the work, writing the guidelines to follow. I hope soon to have the opportunity to assemble the cakes, as the Chef showed us in these weeks.

### **WEEK 3 - RECIPES**

#### **OPERA CAKE**

Components:

Biscuit viennois (per full sheet of opera cake, three sheets of biscuit viennois are required)

Coffee buttercream

Coffee soaker

Chocolate ganache

Glacage opera

Coating chocolate

Yield: 1 full sheet opera cake

#### **FORMULA: BISCUIT VIENNOIS**

Used as a base layer in many entremets, and as the layers in the classic opera cake, biscuit viennois is enhanced with almond meal, which gives the cake a very desirable texture.

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
TPT almond	250	0.887	1.955	1	15 ¼	7 ⅞ oz
Egg yolks	59	0.209	0.461		7 ⅜	1 ⅞ oz
Eggs	105	0.373	0.821		13 ⅛	3 ¼ oz
Egg whites	225	0.798	1.760	1	12 ⅛	7 oz
Granulated sugar	22	0.078	0.172		2 ¾	¾ oz

Cake flour	50	0.177	0.391		6 ¼	1 ⅝ oz
Pastry flour	50	0.177	0.391		6 ¼	1 ⅝ oz
Total	761.00	2.700	5.952	5	15 ¼	1 lb 7 ¾ oz

#### Process

1. Sift together the cake flour and pastry flour; reserve.
2. Sift the TPT  
Combine the TPT, egg yolks, and whole eggs; whip on high speed until tripled in volume.
3. Make a medium-stiff meringue with the egg whites and granulated sugar.
4. Fold the meringue into the whole egg mixture and fold the flour into this mixture.
5. Deposit at 23 oz (650 g) on silicone baking mat-lined sheet pans and spread out evenly.
6. Bake at 400°F (205°C) in a convection oven for about 7 minutes.
7. Once baked, transfer to another sheet pan to prevent carryover baking.

#### Coffee Buttercream Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Italian buttercream	100.00	1.443	3.181	3	2 ⅞
Coffee extract (Trablit)	3.93	0.057	0.125		2
Total	103.93	1.500	3.306	3	4 ⅞

#### Process

Add the Trablit to the Italian buttercream and whip until smooth and light.

#### FORMULA: ITALIAN BUTTERCREAM

This buttercream is very light, based on an Italian meringue. It has a smooth, light, and airy texture and is more stable than the French buttercream.

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
Egg whites	50.00	0.926	2.041	2	⅞	5 ⅞ oz
Sugar	90.00	1.667	3.674	3	10 ¼	10 ⅞ oz
Water	30.00	0.556	1.225	1	3 ⅝	3 ½ oz
Butter	100.00	1.852	4.083	4	1 ¾	11 ⅞ oz
Total	270.00	5.000	11.023	11	⅞	2 lb

#### Process

1. Prepare to make an Italian meringue with the egg whites, sugar, and water.
2. Combine the sugar and water and cook to 250°F (121°C) (firm ball stage).
3. Wash down the sides of the pot with water to prevent crystallization.
4. When the sugar reaches 240°F (116°C), begin whipping the egg whites on medium-high speed.
5. Once the sugar is at the proper temperature, pour slowly onto the whipping egg whites.
6. Let the mixture mix until it is room temperature, and then add the soft butter.
7. Mix until butter is fully incorporated and mixture is light and fluffy.
8. Store in the refrigerator until ready to use.

The following flavor variations are based on the total percentage of the buttercream.

Flavor Variations	%
64% chocolate	20
Praline paste	10–15
Chocolate liquor	12
Coffee extract	3–4

#### Coffee Soaker Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Strong coffee	100.00	1.000	2.204	2	3 ¼
Sugar	35.00	0.350	0.772		12 ⅜
Coffee extract (Trablit)	3.00	0.030	0.066		1
Total	138.00	1.380	3.042	3	⅞

## Process, Coffee Soaker

Dissolve the sugar in the hot coffee and then add the coffee extract.

## Chocolate Ganache Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Cream	100.00	0.500	1.102	1	1 ½
64% couverture	100.00	0.500	1.102	1	1 ½
Total	200.00	1.000	2.204	2	3 ¼

## Process, Chocolate Ganache

1. Bring the cream to a boil and pour over the chocolate.
2. Form an emulsion, and cover to the surface until ready to use.
3. For use, ganache must be soft enough to spread, yet not too soft.

## Glacage Opera

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Dark coating chocolate	100.00	1.298	2.861	2	13 ¾
64% couverture	40.00	0.519	1.144	1	2 ¼
Salad oil	14.00	0.182	0.400		6 ⅜
Total	154.00	1.998	4.405	4	6 ½

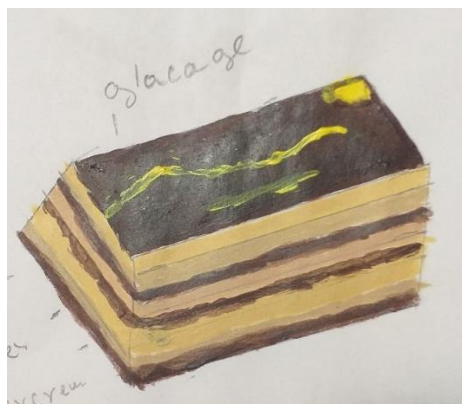
## Process, Glacage Opera

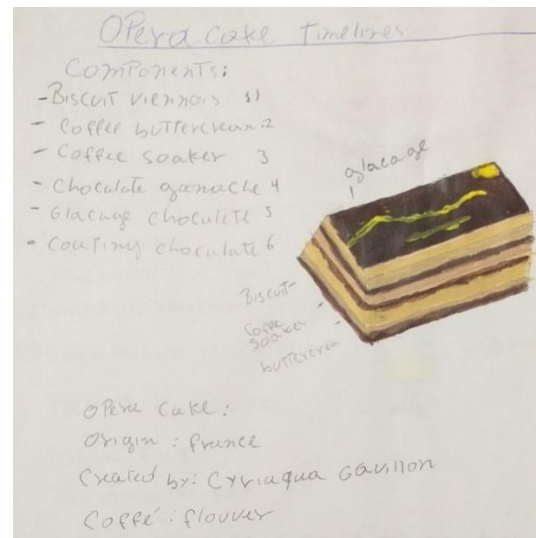
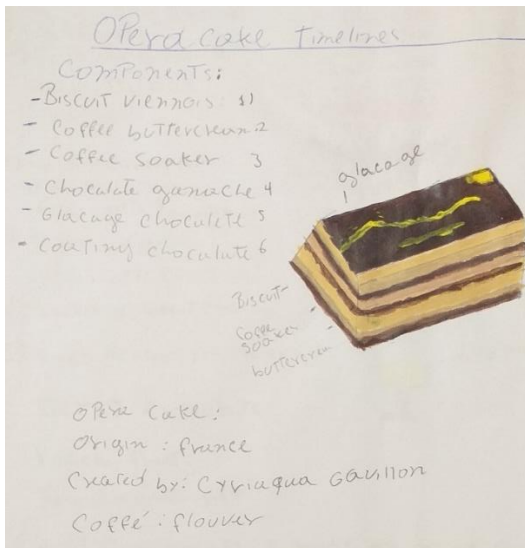
1. Melt the two chocolates together to 120°F (49°C), and add the oil.
2. Reserve until needed, and use at 90°F (37°C).

## Assembly (for a full sheet)

1. Spread a thin layer of coating chocolate over a sheet of biscuit viennois.
2. Once set, flip this over onto a sheet of parchment paper onto the back of a sheet pan.
3. Soak the cake through with the coffee soaker.
4. Apply 2 lb (900 g) of buttercream over the cake, making sure to build up the sides of the cake.
5. Set the next cake layer over the buttercream, and soak with the coffee soaker.
6. Apply 2 lb 3 oz (1000 g) of ganache evenly over the second layer of cake.
7. Place the last cake layer over the ganache and soak with the coffee soaker.
8. Apply 1 lb 3 oz (550 g) of buttercream to the top of the cake, being careful to make the top smooth and even.
9. Freeze the cake until needed.
10. Pour the cake with the glacage opera, trim the sides if required, and cut to the desired sizes using a hot, dry knife.
11. Optionally, pipe the word *Opera* on top of the cake or cake slices.

## CAKE DESIGN





### JOURNAL 3

#### **PRODUCTS INFORMATION AND DEMO:**

This fourth week, we have, as usual, analyzed the recipe to do with the Chef, asking us questions about the "Opera" cake, to make sure we had total understanding of the execution.

He asked 2 questions pertaining to this week's quiz, and we defined the "timeline" of the day, with the finalization of the Tiramisu'.

#### ➤ **OPERA CAKE – Components:**

- ❖ Biscuit viennois
- ❖ Coffee buttercream
- ❖ Coffee Syrup
- ❖ Chocolate ganache
- ❖ Melt Chocolate

We made the "**Biscuit viennois**" with the special "TPT" component, composed of 50% almond flour and 50% icing sugar. Following the recipe with the Chef's supervision.

We performed this component twice, as it was not sufficient to achieve cake assembly. This gave us a good chance of being able to practice this component twice.





The baking is about 7/8 minutes, the color is very important to know if it is sufficiently baked.

The components "**Coffee Buttercream**", "**Chocolate ganache**", "**Melt Chocolate**" and "**Coffee Syrup**", are recipes that we already know and that we know how to do, but the Chef is teaching us to do them in a more efficient and organized way that makes the execution faster indeed.

The Chef taught us a better way to prepare the "**chocolate ganache**", which involves first boiling the whipped cream, then removing it from the heat and adding the chocolate. Leave to rest for about 3/4 minutes and then, using the whisk, mix it.



The "**Melt Chocolate**" component, includes canola oil in its ingredients, to make the chocolate more fluid, and consequently easier to work with.

The Chef has specified that when preparing the **Buttercream**, the butter should always be at room temperature, but if by chance it happens that it is necessary to add more butter, it is important to always add the coldest butter first.

This week after seeing the Chef's demo, we had the chance to assemble our cake, with the help and supervision of the Chef.



Below are photos of my "Opera" cake:



➤ **TIRAMISU – Assembly:**

- ❖ Garnish the cake with chocolate powder and powdered sugar.
- ❖ Garnish with a chocolate wrap, after transferring to a golden table, and remove the cake ring.



Below are photos of my "Tiramisu":



**Chef critiques and recommendations**

The Chef always reminds us that the practice is one of the fundamental elements for learning to prepare cakes properly.

**Personal Thoughts**

This week we had the opportunity to assemble our cake. The experience was very positive and constructive, because, as the Chef says, practice is the element that makes the difference. I hope the Chef is satisfied with our work.

## WEEK 4 - RECIPES

### FORMULA: LEMON MOUSSE CAKE WITH BLACKBERRY

Lemon and blackberry perform perfectly together in this sublime mousse cake. The lemon mousse is based on a pâte à bombe made with fresh lemon juice for the intense, rich, and pure flavor that sets this dessert apart. Best results are achieved with fresh lemon juice or high-quality frozen puree, rather than juice from concentrate. When making the mousse, it is important that the butter is very soft when it is added to the cooled pâte à bombe, and that the whole is then mixed minimally to retain the light texture necessary for a truly sensational mousse cake.

#### Components

Biscuit jaconde with purple stripes	Blackberry insert
Dacquoise	Lemon mousse
Blackberry glaze	Fresh fruit décor
White chocolate décor	

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

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

#### FORMULA: PÂTE À DÉCOR

Pâte à décor is most commonly used for making the colored cake walls applied for decoration. The batter is spread decoratively in a thin layer and then frozen. Next, the cake batter is applied over the frozen pâte à décor, and the cake is baked. Once baked, the two batters form one cake, which then contains the decorative element.

#### Pâte à Décor Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	
Butter, melted	100.00	0.227	0.500	8	
Powdered sugar	100.00	0.227	0.500	8	
Flour	100.00	0.227	0.500	8	
Egg whites	100.00	0.227	0.500	8	
Colorant	SQ	SQ	SQ		
<b>Total</b>	<b>400.00</b>	<b>0.907</b>	<b>2.000</b>	<b>2</b>	<b>0</b>

Process, Pâte à Décor

1. Combine the melted butter and powdered sugar, and then add the sifted flour.
2. Mix well and slowly add the egg whites until the batter is homogenous.
3. Color as desired.
4. Reserve in a cooler for up to 1 week or in the freezer for up to 1 month.

#### FORMULA: BISCUIT VIENNOIS

Used as a base layer in many entremets, and as the layers in the classic opera cake, biscuit viennois is enhanced with almond meal, which gives the cake a very desirable texture.

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz		Test
TPT almond	250	0.887	1.955	1	15 ¼	7 ⅞ oz
Egg yolks	59	0.209	0.461	7 ⅞		1 ⅞ oz
Eggs	105	0.373	0.821	13 ⅞		3 ¼ oz
Egg whites	225	0.798	1.760	1	12 ⅞	7 oz
Granulated sugar	22	0.078	0.172	2 ¾		¾ oz
Cake flour	50	0.177	0.391	6 ¼		1 ⅞ oz
Pastry flour	50	0.177	0.391	6 ¼		1 ⅞ oz
<b>Total</b>	<b>761.00</b>	<b>2.700</b>	<b>5.952</b>	<b>5</b>	<b>15 ¼</b>	<b>1 lb 7 ¾ oz</b>

Process

1. Sift together the cake flour and pastry flour; reserve.



2. Sift the TPT.
3. Combine the TPT, egg yolks, and whole eggs; whip on high speed until tripled in volume.
4. Make a medium-stiff meringue with the egg whites and granulated sugar.
5. Fold the meringue into the whole egg mixture and fold the flour into this mixture.
6. Deposit at 23 oz (650 g) on silicone baking mat-lined sheet pans and spread out evenly.
7. Bake at 400°F (205°C) in a convection oven for about 7 minutes.

Once baked, transfer to another sheet pan to prevent carryover baking.

#### Process, Biscuit Jaconde With Purple Stripes

1. Prepare the pate a decor with purple stripes.
2. Run diagonal lines of décor on a silicone baking mat and freeze.
3. Prepare the biscuit viennois and deposit over the frozen pâte décor.
4. Bake, and store as normal.

#### Cake Setup Mise en Place

1. Cut strips of biscuit jaconde that are three-fourths the height of the mold and that can circumnavigate the mold.
2. Line the cake mold with an acetate strip.

#### Note

This can be done after the blackberry insert and dacquoise have been made.

#### Blackberry Insert Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	Test
Blackberry puree	100.00	0.940	2.071	2 1 ½	6 ¾ oz
Sugar	30.00	0.282	0.621	10	2 oz
Gelatin	3.00	0.028	0.062	1	¼ oz
Total	133.00	1.250	2.755	2 12 ½	8 ¾ oz

#### Process, Blackberry Insert

1. Bloom the gelatin in cold water and reserve.
2. Warm the puree to 180°F (82°C) with the sugar.
3. Melt the bloomed gelatin, add to the warmed puree, and emulsify well.
4. Deposit into 6 inch (15 cm) diameter Flexipans and freeze until ready for use.

#### Dacquoise Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	Test
Almond meal	80.00	0.370	0.815	13	2 ½ oz
Powdered sugar	80.00	0.370	0.815	13	2 ½ oz
Egg whites	100.00	0.462	1.019	1 ¼	3 ¼ oz
Sugar	32.00	0.148	0.326	5 ¼	1 oz
Total	292.00	1.350	2.976	2 15 ¾	9 ½ oz

#### Process, Dacquoise

1. Sift the almond meal and powdered sugar together.
2. Whip the egg whites and sugar to a stiff peak.
3. Gently fold in the sifted dry ingredients.
4. Pipe into 7 inch (18 cm) rounds; bake at 300°F (149°C) with the vent open for 30 to 35 minutes.

#### Lemon Mousse Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	Test
Lemon juice	27.00	0.349	0.770	12 ¾	1 ½ oz
Sugar, split	46.00	0.595	1.311	1 5	3 ½ oz
Egg yolks	33.00	0.427	0.941	15	2 ¼ oz
Butter	26.00	0.336	0.741	11 ¾	1 ¾ oz
Lemon zest	Each	7	7	7	1 each
Whipped cream	100.00	1.293	2.851	2 13 ¾	6 ¾ oz

Total	232.00	3.000	6.614	6 9%	23 oz
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### Process, Lemon Mousse

1. Whip the cream to soft peaks and reserve.
2. Boil the lemon juice and half of the sugar. Combine the remaining sugar and the egg yolks, and then temper them into the boiling juice.
3. Whisk constantly and bring the mixture to a boil. Quickly transfer to a mixer fitted with the whip, and whip on medium-high speed until cool.
4. Add the soft butter and zest, and stop mixing when incorporated (15 seconds maximum).
5. Fold in the soft peak whipped cream.

### Blackberry Glaze Formula

Ingredients	Baker's %	Kilogram	US decimal	Lb & Oz	Test
Blackberry puree	100.00	0.286	0.630	10 %	2 1/8 oz
Simple syrup	100.00	0.286	0.630	10 %	2 1/8 oz
Gelatin	10.00	0.029	0.063	1	1/4 oz
Total	210.00	0.600	1.323	1 5 %	4 3/8 oz

### Process, Blackberry Glaze

1. Bloom the gelatin in cold water and reserve.
2. Warm the puree to 180°F (82°C) with the sugar.
3. Melt the bloomed gelatin, add to the warmed puree, and emulsify well. Reserve in the refrigerator.
4. Use at 85°F (29°C) to 90°F (32°C).

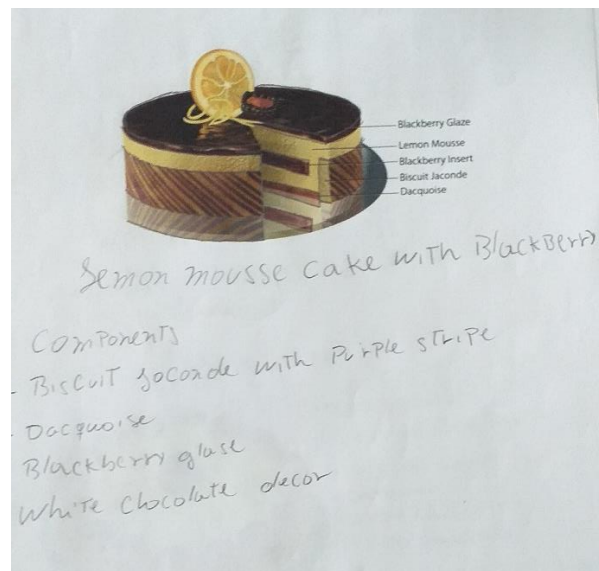
### Assembly

1. Place the strip of biscuit jaconde with lines on the inside perimeter of the mold.
2. Place a disc of dacquoise on the bottom of the mold.
3. Once the mousse has been made, pipe or ladle the mixture into the prepared molds, filling halfway.
4. Place the blackberry insert into the mousse and then fill the molds to the top with lemon mousse. Level the top of the mousse cake so it is smooth, and then freeze until set.

### Finishing

1. To finish, remove from the mold, being careful to not take off the plastic. Apply the blackberry glaze and then take off the plastic and place onto a gold board.
2. Garnish with fresh fruit and chocolate decorations.

## CAKE DESIGN



## JOURNAL 4

### **PRODUCTS INFORMATION AND DEMO:**

As usual we have with the Chef, checked all the recipes, and advised us to take all the necessary ingredients before starting work, to avoid wasting time.

#### ➤ **LEMON MOUSSE CAKE WITH BLACKBERRY – Components:**

- ❖ Biscuit Viennois
- ❖ Pâte À Décor
- ❖ Biscuit jaconde
- ❖ Dacquoise
- ❖ Blackberry glaze
- ❖ Blackberry insert
- ❖ Lemon mousse
- ❖ Fresh fruit décor

**Biscuit Viennois:** this component is not new, we have already done it, the more often we perform it, the more we take confidence and practicality.



**Pâte À Décor:** this is a component used for decoration, it is very versatile and can be prepared with different colors, on this occasion we used yellow, purple and red.



**Lemon mousse:** This lemon mousse is very different from the other mousses I have prepared, because it does not require the use of gelatin and, after mixing the yolks, the butter must be inserted very softly. The greatest difficulty is to understand the exact point

of softness of the butter and the temperature of the egg yolks to prevent the butter from melting with the very hot egg shells. All this before incorporating the whipping cream.



**Blackberry insert:** In this component, it is necessary to dissolve the blackberry purée and after removing it from the heat, once it has reached the temperature of 180 degrees F, add the gelatin and sugar. Once ready, it is placed in the mold and looked into the freezer. The key point of this component is not the preparation, but the speed with which it cools. In fact, the Chef made us split the fruit puree in 2 parts, to have a frozen half, incorporating it only after having prepared a half, to cool it faster.



The Chef taught us how to incorporate the **Pâte À Décor** component into the **Biscuit Viennois**, using a new tool and a new technique, as shown in the following photo:



Once all the components were ready, and duly frozen, we moved on to the assembly of the cakes.



The Chef showed us first how to assemble:



then we assembled ours cakes.

### **Chef critiques and recommendations**

The Chef always observes and, if necessary, corrects us during the lesson.

### **Personal Thoughts**

With the passing of lessons, we learn more and more, mainly many techniques that, sometimes, not having the possibility to practice them frequently, require a little more time to be remembered. In fact, we don't always have our 100% perfect "mise en place", just to not remember everything at the moment, but only during the execution of the cakes.

I hope that with the passage of time and practice I will be able to remember everything at the right time.

