

Andoâque Dessert




VALRHONA
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Andoâque Dessert

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes two 16cm egg desserts for 5-6 each

To be done the day before:

Egg shells
Cocoa streusel
Chocolate sponge
ORiado 60%
& caramel crèmeux

To be done on the day:

ANDOA LAIT 39%
chocolate mousse
Assembly
(plan for a total of 6 hours
freezing time)

Required utensils:

2 x 16cm egg molds
Pastry spatula
2 x 18cm stainless steel rings
Velvet spray

EGG SHELLS (TEMPERING USING THE SEEDING METHOD)

Preparation time: 30 minutes

Rest time before use: 2 hours

600g **ORiado 60%** chocolate Melt two thirds of the **ORiado 60%** chocolate in a bain-marie or in the microwave. Heat to 120-130°F (50-55°C). Once these temperatures have been reached, add the remaining third of unmelted chocolate. Start mixing by hand, then using an immersion blender. Be careful not to incorporate any air bubbles. Check the temperature of the chocolate - it should be 88-90°F (31-32°C). The chocolate is now tempered. Make sure you keep the chocolate at this temperature while you work with it. If you need to, use a hairdryer to reheat its surface.

Pour the tempered chocolate immediately into two 16cm egg molds and leave to set for 2 hours at room temperature.

COCOA FLEUR DE SEL STREUSEL

Preparation time: 20 minutes

40g Unsalted butter
40g Almond flour
30g Brown sugar
30g Spelt flour*
2g Fleur de sel
10g **COCOA POWDER**

*See the nutrition tip section at the end of the recipe for an alternative flour.

Mix together the brown sugar, almond flour, spelt flour, salt and **COCOA POWDER**.

Cut the cold butter into small cubes.

Add the butter and mix using the paddle attachment in a stand mixer until a smooth ball forms.

Make some small, evenly sized balls of dough and place them on a baking sheet lined with parchment paper.

Bake in a fan-assisted oven at 300/320°F (150/160°C) for 12 minutes.

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(Continued)

CHOCOLATE SPONGE WITH SPELT AND MUSCOVADO SUGAR

Preparation time: 30 minutes

150g	Eggs
40g	Acacia honey
50g	Muscovado sugar
2g	Fleur de sel
40g	Almond flour
70g	Spelt flour*
4g	Baking powder
20g	COCOA POWDER
70g	Heavy cream 36%
80g	Melted butter
30g	ORIAO 60% chocolate

Mix the eggs, honey, muscovado sugar and fleur de sel without whisking. Add the almond flour. Sift together the flour and **COCOA POWDER**, then add the baking powder.

Mix everything together then pour in the cream. Finally add the melted **ORIAO 60%** chocolate and melted butter.

Pour 265g of the mix in each 18cm-diameter stainless steel ring. Sprinkle on 75g cooked cocoa streusel.

Bake in a fan-assisted oven at 355°F (180°C) for approx. 16 minutes.

*See the nutrition tip section at the end of the recipe for an alternative flour.

ORIAO 60% & CARAMEL CRÉMEUX

Preparation time: 30 minutes

Rest time before use: 4 hours

140g	Heavy cream 36%
70g	Sugar
30g	Salted butter
65g	ORIAO 60% chocolate

Use the sugar to make a dry caramel. Deglaze with the salted butter and gradually pour in the hot cream. Bring back to a boil, checking that all the sugar has melted.

Leave it to cool until it is lukewarm, then split it into 3 batches and combine these one by one with the melted **ORIAO 60%** chocolate. Stir with a spatula.

Blend using an immersion blender until the texture is perfectly smooth. Cover the surface with plastic wrap and leave to set in the refrigerator for at least 4 hours until the texture is ready to pipe.

CRÈME ANGLAISE

Preparation time: 20 minutes

100g	Heavy cream 36%
100g	Whole milk
75g	Egg yolks
40g	Sugar

Bring the cream and milk to a boil and combine with the premixed egg yolk-sugar combination (without blanching).

Return to a low heat while mixing with a spatula until the temperature reaches 180-183°F (82-84°C).

Strain and use immediately to create the **ANDOA LAIT 39%** crème anglaise-style mousse.

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(Continued)

ANDOA LAIT 39% MOUSSE

Preparation time: 30 minutes

- 240g Crème Anglaise
(prepared beforehand)
- 450g **ANDOA LAIT 39%**
chocolate
- 360g Heavy cream 36%

Create an emulsion by slowly combining the hot crème anglaise with the melted **ANDOA LAIT 39%** chocolate to obtain a smooth, shiny, elastic texture. Mix using an immersion blender to obtain a perfect emulsion, making sure no air bubbles form. The temperature of the mix must be around 100-106°F (38-41°C). Whisk the heavy cream until it has a frothy texture. Add the frothy whipped cream to the crème anglaise/chocolate mixture. Use a spatula to delicately mix the ingredients together. Use immediately to assemble.

ASSEMBLY

Preparation time: 45 minutes

Total freezing time: 6 hours

Make the **ORIAIDO 60%** egg shells and leave to set for 2 hours at room temperature. Do not turn out once set as assembly is carried out in the molds to make the result more stable. Make a template the size of the egg's base. Using this template, chop the cooked sponge with the streusel. Using a piping bag with a plain round 16mm-diameter nozzle, pipe 80g of **ORIAIDO 60%** caramel crèmeux onto each biscuit. Pipe generous droplets across the surface and freeze the inserts overnight. Prepare the **ANDOA LAIT 39%** and pour 150g of it into each **ORIAIDO 60%** shell. Place the frozen insert with droplets inside it on top, then press and smoothen out using a pastry spatula. Freeze for 2 hours. Set the remaining mousse aside while the dessert is in the freezer. After the dessert has frozen, turn it out onto a rack and cover with mousse. Then return them to the freezer for an hour. Cover the surface with plastic wrap and store in the refrigerator. Once the mousse layer has frozen, stir the mousse that has been stored in the refrigerator to soften it. Put the mousse in a piping bag, finely cut off the end and add lines and dashes at random over the dessert. Freeze for 1 hour.

To add the perfect finishing touch, spray using a dark or milk chocolate velvet spray (optional).

Chef's tip

The chocolate remaining after molding the eggs may be kept after it has set to make cakes, mousses, and so on.

Nutrition tip

In the fleur de sel cocoa streusel biscuit, replace the 30g of spelt flour with a mix of 20g potato starch flour and 10g buckwheat flour. In the chocolate sponge recipe, replace with 40g potato starch and 30g buckwheat flour.

Muscovado sugar is an unrefined whole cane sugar. It is dark brown in color and has a high molasses content. As it is unrefined, it also has a high mineral salt, potassium and magnesium content.

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