

Triple chocolate



Serves :

8-10



Prep :

2h



Rest :

Freezing : 8h
Refrigeration : 6h



Cook :

Temperature : 320°F
Time : 15-18 min.

Special equipment

20cm x 6cm pastry ring

6cm height acetate strip

Ø18cm tart ring

List of recipes

- ✓ Chocolate sponge cake
- ✓ Crispy flakes
- ✓ White chocolate mousse
- ✓ Milk chocolate mousse
- ✓ Dark chocolate mousse



Steps

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- 🌀 **Preparation of the sponge cake** Page 3
Baking (15-18 minutes at 160°C/320°F)
- 🌀 **Making of the crunchy layer** Page 4
Spread on the 18cm diameter sponge cake
- 🌀 **Preparation of the pastry ring** Page 4
Cling film + acetate strip
- 🌀 **Preparation of the mousses** Page 4
To be poured into the pastry ring (20cm diameter and 6cm height)
 - **Making of the white chocolate mousse** Page 5
Chill in the freezer for 1 hour
 - **Making of the milk chocolate mousse** Page 6
Chill in the freezer for 1 hour
 - **Making of the dark chocolate mousse and final assembly** Page 6
Chill for at least 6 hours in the freezer

D-Day

- 🌀 **Unmolding + Decoration** Page 7
Chill for at least 6 hours in the refrigerator

The sponge cake

Ingredients

- ☑ 37 g ~ Superfine sugar
- ☑ 22 g ~ Almond powder
- ☑ 2 g ~ Baking powder
- ☑ 8 g ~ Cocoa powder
- ☑ 75 g ~ Whole eggs (x2)
- ☑ 36 g ~ Flour (pastry if possible)
- ☑ 22 g ~ Honey with neutral taste
(such as acacia honey)
- ☑ 36 g ~ Whipping cream
- ☑ 42 g ~ Butter (82% fat)
- ☑ 20 g ~ Milk chocolate

- Start by sifting all the dry powders into a mixing bowl :
 - 8 g of cocoa powder,
 - 36 g of flour (preferably pastry),
 - 2 g of baking powder and
 - 22 g of almond powder.
- Mix all the dry ingredients thoroughly using a whisk.
- In another bowl, whisk together:
 - 2 whole eggs (75 g)
 - 37 g of superfine sugar
 - 22 g of honey with neutral taste (such as acacia honey).
- Pour the egg mixture over the dry ingredients and mix well with the whisk until you get a smooth batter.
- Add 36 g of whipping cream to the batter and mix again.
 - 42 g of butter
 - 20 g of milk chocolate
- Mix the melted chocolate and butter together.
- Finally, pour the chocolate-butter mixture into the batter and mix until you get a smooth batter.
- Preheat the oven to 160°C/320°F and prepare a baking sheet lined with parchment paper.
- Pour the batter onto the parchment paper to form a cake with a regular thickness (about 1 cm) and a diameter of about 20 cm.
- Bake in a fan-assisted oven at 160°C/320°F for 15 to 18 minutes.
- Once out of the oven, place a silicone mat on top of the cake and let it cool.
- Finally, use an 18 cm tart ring to cut out the cake..



The feuillantine

Ingredients

- ☑ 40 g ~ Pralinoise (or milk chocolate)
- ☑ 50 g ~ Crispy crepes (10 Gavotte biscuits)
- ☑ 80 g ~ Praline

- Melt 40 g of pralinoise (or milk chocolate) in the microwave.
- Then add 80 g of praline (warmed up) to facilitate mixing.
- Crumble 10 crispy crepes (5 packs of 2, equivalent to about 50 g).
- Mix gently.
- Spread the mixture on top of the biscuit.
- Cover with plastic wrap and place in the freezer.

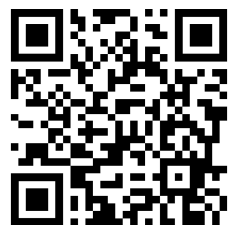


Ingredients

- ☑ 7 g ~ Gelatin powder (200 bloom)
- ☑ 42 g ~ Cold water

To prepare the mousses

- Mix 7g of gelatin with 42g of water and refrigerate for at least 20 minutes.
- Prepare the patsry ring (20 cm in diameter and 6-7 cm in height) by wrapping one side with plastic wrap and placing a acetate sheet on the inside of the circle (use a paper clip to hold it and press it properly against the circle).
- Place the circle on a baking sheet lined with parchment paper (never place plastic wrap directly on a baking sheet, always use a sheet in between, otherwise the plastic wrap will stick to the sheet: a lesson I learned the hard way!).



White chocolate mousse

Ingredients

- ☑ 75 g ~ Whole milk
- ☑ 3 g ~ Powdered gelatin (200 blooms)
- ☑ 18 g ~ Water
- ☑ 150 g ~ White chocolate
- ☑ 150 g ~ Whipping cream (30% fat)

- All the following steps must be done without any resting time (this avoids having to worry about temperatures)
- **Step 1** : Whip 150g of cold whipping cream (+30% fat) until soft peaks form (like shaving foam) and refrigerate.
- **Step 2** : Melt 150g of white chocolate in the microwave or in a double boiler. (max 510W 1 minute then in 30-second intervals)
- **Step 3** : Bring 75g of milk to a boil (preferably in the microwave).
- **Step 4** : Incorporate the milk into the chocolate in 3 times through a sieve. Mix gradually to make a smooth emulsion. The chocolate should be smooth and shiny.
- During the 3rd addition of milk, add 21 g of the soaked gelatin and mix until it is completely dissolved.
- **Step 5** : Take the whipped cream out of the refrigerator and add a little bit of it (equivalent to a large spoonful) to the chocolate. Mix with a rubber spatula until smooth and homogeneous.
- **Step 6** : Pour the chocolate into the whipped cream in one go (if the quantities are a bit larger, do it in 2 times).
- **step 7** : Mix everything gently with a rubber spatula from bottom to top => do not whisk!
- **Step 8** : Once the mousse is homogeneous, pour it into the 20cm circle. Tap on the work surface to flatten this first layer well. It will be the most liquid mousse!
- Freeze for at least 1 hour.



The milk chocolate mousse

Ingredients

- ☑ 5 g ~ Whole milk
- ☑ 2.25 g ~ Gelatin powder (200 blooms)
- ☑ 13.5 g ~ Water
- ☑ 120 g ~ Milk chocolate
- ☑ 150 g ~ Whipping cream (30% fat)

The process is the same as for preparing the white chocolate mousse, except you should use 120 g of milk chocolate and 16 g of gelatin mass.

- Repeat steps 1 to 8 again, but only modify the quantity of these 2 ingredients.
- Pour the mixture into the ring on top of the set white chocolate layer and place back in the freezer for 1 hour.



The dark chocolate mousse

Ingredients

- ☑ 75 g ~ Whole milk
- ☑ 1.5 g ~ Gelatin (200 blooms)
- ☑ 9 g ~ Water
- ☑ 105 g ~ Dark chocolate (60-70%)
- ☑ 150 g ~ Whipping cream (30% fat)

- The process is still the same except this time you will use 105 g of dark chocolate and 10.5 g of the gelatin mass (i.e., the remaining gelatin!).
- This mousse will be thicker than the previous ones, all the more reason not to waste time pouring it into the mold on top of the previous 2 mousses. (the longer you wait, the thicker it becomes)
- Place the frozen biscuit on top (the feuillantine facing the moussel) and press gently until the mousse comes up on the sides of the biscuit.
- Use a small spoon or offset spatula to level the mousse and biscuit.
- Finally, return the dessert to the freezer for at least 6 hours.



Unmolding

- Prepare the plate on which the dessert will be placed.
- Next to it, position a cylindrical support with a diameter of 10 to 15 cm and a height of over 10 cm. (example: pot, saucepan,...)
- Place the frozen dessert on this cylinder (with the biscuit side up).
- Remove the film on top of the dessert.
- Gently lower the ring and remove the acetate strip.
- At this point, you can use a knife or a cutter to trim the excess mousse under the dessert. This will avoid having to do what I did in the video: put the dessert back in the freezer and remove the excess later.
- Finally, place the dessert on its final plate.
- Allow the dessert to thaw for at least 6 hours in the refrigerator.



❖ Mounting upside-down?

In this video, I demonstrate an upside-down assembly (meaning I start with the top layer of the dessert).

This technique is recommended for achieving very even layers.

If you want to add a glaze or frosting, you simply remove the top film and ring, but be sure to keep the acetate strip to protect the sides. Once the glaze is applied and set (no longer running), you can remove the acetate strip. (Be careful not to wait too long, or the edges won't be as clean.)

Another advantage of this type of assembly is that it allows you to use a "structure sheet" instead of plastic wrap as a base, which can result in a very unique relief decoration.

It's also possible to assemble right-side up, meaning you start with the base and then add the chocolate mousse first... but since the mousse is thicker, it's much harder to achieve a perfectly straight first layer.

❖ Temperatures for the mousse

The process I use allows me to not worry too much about the temperature of the chocolate cream before adding it to the whipped cream. This works for the quantities I give for a 20 cm dessert.

However, if you are making a dessert of a different size, be sure to pay attention to the temperature of the chocolate cream before adding it to the whipped cream.

If it's too cold, it will create small pieces of chocolate (like a stracciatella) and if it's too hot, the whipped cream may collapse.

In this case, make sure the chocolate cream is around 42°C/107°F for white/milk chocolate, and 44°C/111°F for dark chocolate.

❖ Gelatin

You can easily replace pork gelatin with fish gelatin (although agar-agar is a different story).

You can also replace powdered gelatin with sheet gelatin at the same weight equivalence (keeping in mind that generally one sheet weighs 2 grams). However, it's important that the gelatin strength be 200 blooms in both cases.