

The Napolitain



Serves :

8-10



Prep :

2h30



Rest :

Freezing : -
Refrigeration : 1h



Cook :

Temperature : 356°F
Time : 10-12 min.

Special equipment

- Genoise mat (36*28 cm)
- Parchment paper
- Offset spatula

List of recipes

- ✓ Vanilla / chocolate sponge
- ✓ Chocolate ganache
- ✓ Glaze



Steps

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- 🌀 **Support preparation** Page 3
Genoise mat preparation 1/3 – 2/3

- 🌀 **Vanilla/chocolate biscuit making** Page 4
Baking (10-12 minutes at 180°C)
After baking, place on a rack and cover with plastic wrap
Allow to cool at room temperature

- 🌀 **Chocolate ganache making** Page 5
Pour into a large dish and cover with plastic wrap
Allow to cool at room temperature for 15-30 minutes

- 🌀 **Napolitain assembly** Page 5
Cut the vanilla biscuit in half
Spread half of the ganache on the first vanilla biscuit
Place the chocolate biscuit on top
Spread the second half of the ganache
Place the second vanilla biscuit
Cover with plastic wrap
Refrigerate for 30 minutes to 1 hour

- 🌀 **Glaze preparation** Page 6
Spread on the napolitain
Sprinkle with chocolate vermicelli
Rest for 30 minutes at room temperature
Trim the edges
Refrigerate

D-Day

- 🌀 **Before tasting**
Remove from the refrigerator for 30 minutes

Note:

It's possible to eat it the same day, but you'll need to make preparations a few hours in advance.

The preparation

If you do not wish to bake the vanilla and chocolate biscuits separately, it will be necessary to prepare the genoise mat.

For your information, this tip was borrowed from "les Ateliers de Ludo."

- o To do this, brush the entirety of a silicone genoise mat with hazelnut oil (or grapeseed oil) using a brush. (For example, a mat with dimensions of 36*28*1,5 cm)
- o Prepare a sheet of baking paper as follows:
 - ✓ The length should exactly match the width of the genoise mat. (28 cm in our example.)
 - ✓ The width should be greater (+5 cm) than one-third of the length of the genoise mat. (Greater than $36/3 + 5 = 17$ cm.)
- o Next, fold the sheet from one of the longer edges, creating a double fold of about 2 cm in width. This will effectively create a new border.

Finally, adjust the width of the sheet by measuring and cutting it so that it's one-third the length of the genoise mat (12 cm in our example). This should result in a baking paper sheet of 28*12 cm with a 2 cm border on one of the sides at 28 cm.
- o Place this piece of baking paper on one side of the oiled genoise mat and adhere it (using the brush and oil). This will allow you to pour the chocolate batter onto the lined section and the vanilla batter onto the other section.
- o Lastly, a small piece of advice: place the mat on an inverted baking sheet (so that the mat lies as flat as possible and doesn't rise at the edges!).



The biscuits

Ingredients

- 4 large whole eggs
- 120 g ~ Superfine sugar
- 1 packet of vanilla sugar
- 1 tbsp vanilla extract
- A pinch of salt
- 100 g ~ Whipping cream
- 50 g ~ Hazelnut oil
- 50 g ~ Melted butter
- 200 g ~ All-purpose flour
- 8 g ~ Baking powder
- 15 g ~ Cocoa powder

- Separate the whites from the yolks of 4 large eggs.
- Melt 50 g of butter and mix it with 50 g of vegetable oil (hazelnut oil if possible): 30 seconds at 700W in the microwave. Keep it within reach.
- Using an electric mixer, beat the 4 egg yolks with 80 g of superfine sugar, the vanilla sugar, and a pinch of salt until the mixture doubles in volume!
- Add the melted butter and 100 g of whipping cream, then continue mixing with the electric mixer for 30 seconds.
- Whip the egg whites at medium speed. When they become frothy, add 40 g of superfine sugar and continue to whip them.
- Stop when you achieve a foamy and soft result. Do not over- whip them!
- Whisk 1/3 of the whites into the yolks and mix gently with a rubber spatula or a whisk.
- Pour the yolk mixture over the remaining whites and gently fold them in using a rubber spatula (circular motion from the edge to the center... without deflating the whites).
- Sift 200 g of all-purpose flour with the baking powder (8 g), and gently incorporate them using the whisk this time. The batter should be homogeneous.
- Take out 240 g of batter and mix in the cocoa powder (15 g) by gently folding with the whisk.
- Pour this chocolate batter onto the lined part of the silicone genoise mat. Spread it evenly.
- Mix 1 to 2 teaspoons of vanilla extract with the remaining 2/3 of the batter.
- Pour this batter onto the unlined 2/3 part of the silicone genoise mat. Spread it evenly.
- Lift the mat and gently tap it on the work surface several times to level the batter..

BAKING :

- Bake in a preheated oven at 180°C (356°F) with convection for 10-12 minutes. The biscuit should be lightly golden.
- After taking it out of the oven, place the genoise silicone mat on a cooling rack and cover it with plastic wrap to prevent drying.
- Allow it to cool at room temperature.



Ingredients

- ☑ 180 g ~ Whipping cream
- ☑ 20 g ~ Honey (acacia)
- ☑ 40 g ~ Butter
- ☑ 150 g ~ 70% dark chocolate
- ☑ 1 tsp of coffee extract (optional)

The ganache

- Pour the 150 g of 70% dark chocolate into a small bowl.
- Bring 180 g of whipping cream and 20 g of neutral honey (acacia) to a boil in a small saucepan.
- Pour the boiling cream over the chocolate (which should be at room temperature). Wait for 1 minute before mixing well using a spatula. The cream should be smooth and shiny.
- Add 40 g of butter, cut into small cubes, and 1 teaspoon of coffee extract. Blend everything using an immersion blender.
- Pour the ganache into a large bowl and cover it with plastic wrap, ensuring the wrap is touching the surface of the ganache.
- Let it cool at room temperature for 15 to 30 minutes, depending on the consistency desired. The ganache should be very soft and hold its shape.



Assembly

- Cover the biscuits with a large baking sheet or a wire rack, then flip the whole setup over.
- Gently unmold the biscuits (they should not stick and should be very soft).
- Remove the parchment paper from the chocolate biscuit.
- Cut the vanilla biscuit in half, leaving you with two vanilla biscuits and one chocolate biscuit (all with a width of 12 cm).
- Place one vanilla biscuit on a baking sheet.
- Using a bent spatula, spread half of the chocolate ganache over this biscuit, ideally spreading it to the edge of the biscuit evenly.
- Place the chocolate biscuit on top of the ganache and press firmly enough to make the cream and biscuits adhere. Be careful not to let the ganache escape to the sides!
- Spread the remaining ganache over the chocolate biscuit, following the same instructions.
- Finally, place the second vanilla biscuit on top and press down firmly.
- Cover with plastic wrap directly on the surface and refrigerate for 30 minutes.



Ingredients

100 g ~ Powdered sugar

2 tablespoons of milk

Then

Chocolate vermicelli

The Glaze

- o In a small container, start by mixing 100 g of powdered sugar with 1 tablespoon of milk.
- o Add a second tablespoon of milk if it's too thick.
- o It's important that the glaze is not too liquid. If that's the case, add a bit more powdered sugar to thicken it.
- o As soon as the glaze is ready, it should be used promptly, otherwise it will continue to thicken.



Assembly

- o Pour the glaze over the napolitain and then spread it evenly using an offset spatula.
- o Try to avoid letting the glaze flow over the sides (if it happens, it's okay).
- o Before the glaze sets, sprinkle chocolate vermicelli on top.
- o Wait until the glaze is no longer sticky to the touch (about 30 minutes at room temperature). You can speed up this process by placing it in the refrigerator, but note that the glaze might crack a bit when cutting.
- o When the glaze is no longer sticky, trim the sides using a long-bladed knife (like a sole fillet knife). Wipe the blade after each side for a clean cut.
- o The napolitain can be refrigerated. (I recommend covering it with plastic wrap to maintain its softness.)

Final tip: Take it out of the refrigerator 30 minutes before enjoying so that the ganache becomes creamy and smooth.



❖ Recipe for ULTRA light biscuit

- 210 g of egg whites (about 7 egg whites)
- 70 g of superfine sugar (1)
- A pinch of salt
- 160 g of egg yolks (about 8 egg yolks)
- 70 g of superfine sugar (2)
- 50 g of grapeseed oil
- 50 g of milk
- 87 g of all-purpose flour
- 2 g of baking powder
- 22 g of cocoa powder

Whip the egg whites into stiff peaks with 70 g of superfine sugar, while maintaining a foamy texture.

Whisk 160 g of egg yolks with 70 g of superfine sugar and a pinch of salt until pale and creamy.

Using a whisk, incorporate 1/3 of the whipped egg whites into the egg yolk mixture and gently mix.

Mix the grape seed oil with the milk, then fold them into the previous mixture.

Gently fold in the remaining whipped egg whites using a spatula.

Sift the all-purpose flour with the baking powder and gently fold them in as well.

Take out 230 g of the batter and mix in the cocoa powder.

Baking:

Bake for 10-15 minutes at 180°C (356°F); the cake should be lightly golden.

Allow to cool at room temperature.