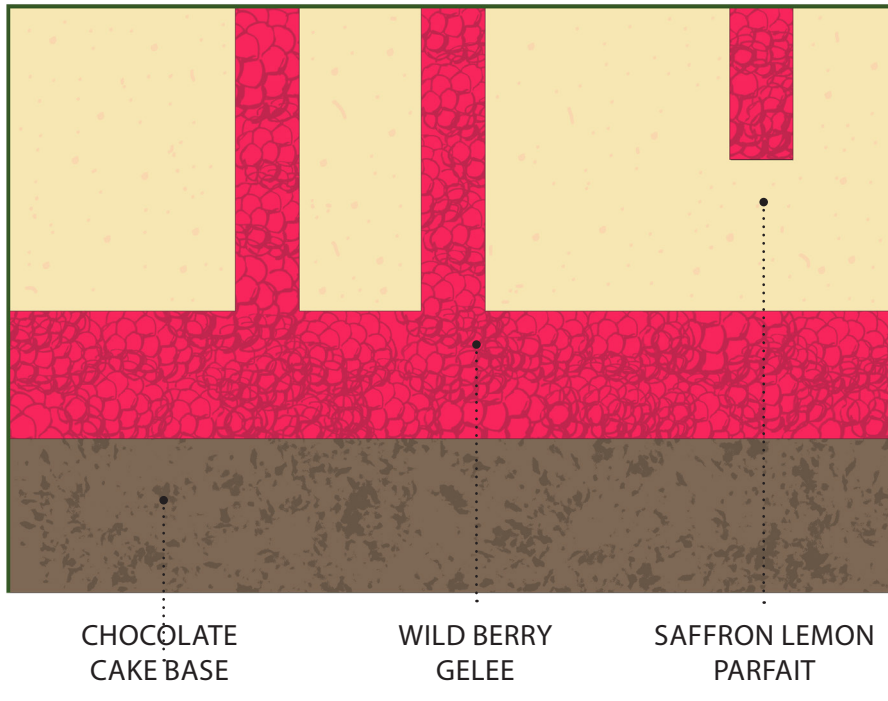


JOURNEY TO THE CENTER OF THE EARTH



COMPOSTION

A golden saffron parfait teasing hints of lemon, settled atop a chocolate cake base merged with a wild berry gelee, recreating an edible diorama of the earth's core.

TOTAL TIME NEEDED

Preparation: 30-40 Minutes

Baking: 30 Minutes

Freezing: min. 8 Hours

Cake Cooling: 3 Hours

EQUIPMENT

Kitchen Scales, Hand Mixer, Whisk, 15cm Round Baking Mould, Baking Paper, Zester

VARIANTS

As an alternative to saffron, passion fruit or other sweet/sour fruits or spices can be used to contradict the taste and perhaps colour, of the rich chocolate base.

TIPS

ABBA on blast in the background and a glass of wine for good spirit! ;)

IMPORTANT BASICS

Yes, it has to be ABBA...

Ensure that eggs and butter are at room temperature before starting. Softer butter allows for an easier, less clumpy mixing and room-temp. eggs emphasises this. This

ultimately improves the spread and rise of the batter.

POTENTIAL PROBLEMS

Getting the parfait out of the mould could cause an issue. Use the heat from your hands to warm up the sides of the mould in order to help the parfait slip out. Once out, any melted corners can be cleaned up with a knife before put back to set in the fridge.

PROCESS

As this cake contains a lot of different ingredients and steps, make sure to take your time while baking and set up your space 'mise en place' before starting each layer so to avoid any confusion or mistakes.



FOR THE CHOCOLATE CAKE BASE

200g Caster Sugar
 200g Unsalted Butter, softened
 4 Eggs
 50g All-Purpose Flour
 2 tbsp Unsweetened Cocoa Powder
 1 tsp Baking Powder
 1/2 tsp Vanilla Extract/Sugar
 2 tbsp Milk

FOR THE SAFFRON PARFAIT

1 Packet of Saffron (approx.
 200mg)
 4 Egg Yolks
 Zest of 1/2 a Lemon
 50g White Sugar
 200g Heavy (Whipping) Cream

FOR THE WILD BERRY GELEE

50g Wild Berry Mix
 2 Packets Gelatine
 500ml Cold Water
 3 tbsp Sugar



Before starting, preheat the oven to 190C Fan.

Chocolate Cake

1 In a large mixing bowl, beat together all wet and dry ingredients, together with a pinch of salt, until the mixture becomes even in both viscosity and in colour - this should appear as a pale brown tone.

2 When ready, pour the mix batter into the mould. Once filled, lift and drop the filled mould to remove any possible air bubbles and evenly distribute the batter.

3 Bake for approx. 30 minutes, prodding in the center with a skewer until clean when removed. Once removed, allow the cake to cool.

Saffron Parfait

4 In a medium-sized glass or metal bowl soak the saffron threads in 1 tablespoon of warm water for 10 minutes. The water should turn a dark yellow.

5 Prepare a water bath and bring to a boil. To the saffron-filled bowl, add the egg yolks, sugar and lemon zest and whisk over hot the water bath until thick and creamy. At no point in this process should the bowl have direct contact with the water bath but should be held above instead.

6 The consistency can be checked by inserting a spoon. When pulled out it should be covered completely in the mixture and should then be easily wiped off with a finger. Once the consistency is correct, immediately pour the mixture into another large bowl and let cool.

7 While cooling, the heavy cream should be whipped until peaks form and folded gently with a spatula into the cooled mixture.

8 Once folded and mixed evenly, pour the parfait mixture into the mould until half full. The parfait should then be left to chill in the

freezer for at least 6 hours or better yet, over night.

Wild Berry Gelee

9 Mix the gelatine with sugar. While mixing, pour in the cold water.

10 Bring the mixture to a boil whilst constantly mixing. Once stirred, let boil for 15 seconds.

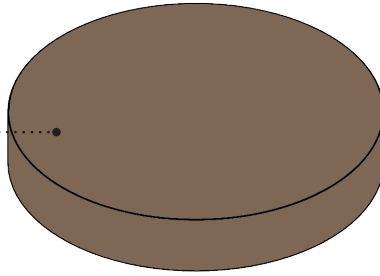
11 Take the mixture away from the heat and let cool for 5 minutes. Mix every now and then to prevent congealing.

12 While the mixture cools, squash the berries over a sieve to separate the juice from the fruits. Adding the fruits to the mixture for extra texture is up to you.

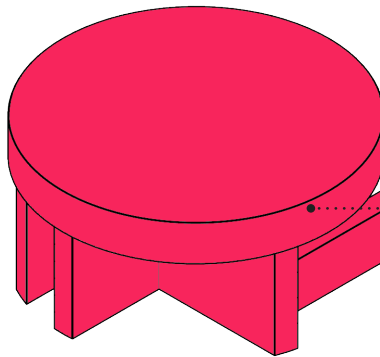
13 Once cool, pour between the ridges of the parfait

Cake Composition

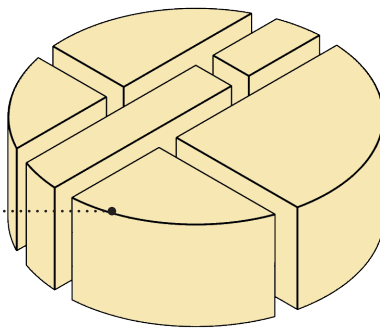
CHOCOLATE
CAKE BASE



WILD BERRY
GELEE



SAFFRON LEMON PARFAIT



SILICONE
MOULD

