

PASTRY

BAKING

CHOCOLATE

ICE CREAM

Dessert

PROFESSIONAL

PASTRY CHEF OF THE YEAR

DESSERT FOURPLAY

SWISS PASTRY RECIPES

THE GELATO GENOME PROJECT

APRIL 2009

\$5.95

04>



0 74470 24638 1
DESSERTPROFESSIONAL.COM

Four-Star Desserts

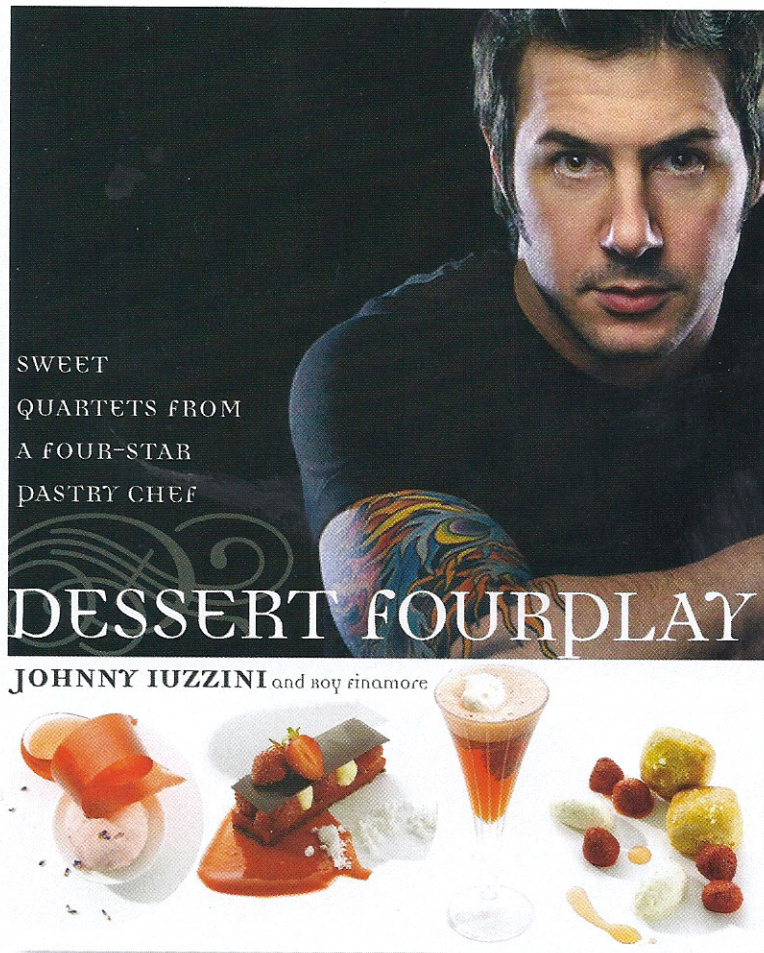
By Lindsay Seagull

Though he looks like a poster-child for the wilder side of the dessert world, Johnny Iuzzini takes a classic approach to pastry in his first book.

If Johnny Iuzzini wasn't making pastry, he claims, he'd be a housewife (his words). Luckily for us, he is making pastry, and his first book, *Dessert Fourplay: Sweet Quartets from a Four-Star Pastry Chef*, could not be further from the work of a slipper-clad homemaker.

Iuzzini adheres to a classical philosophy, pairing complementary seasonal ingredients, even as he constructs modern marvels that can be assembled or deconstructed at will. That's the idea behind a book whose title seems at first cryptic and vaguely lascivious, but ultimately reveals a novel way of approaching the combination of flavors, textures and temperatures. His concoctions are anything but ordinary, but at their core is the same devotion to the purely delicious that created the Strawberry Shortcake – with maybe a little xanthan gum and soy lecithin thrown in for fun.

The clean, yet complex recipes enumerated in the book's Table of Contents are based around an unassuming list of fruits (or just a pair, as in "Raspberry and Apricot Fourplay" or a theme, such as "Exotic Fourplay" under the "Winter" category, or "Modern Chocolate Fourplay" under, of course, "Chocolate." In addition to being divided into the four seasons, plus a cluster of courses devoted solely to chocolate (because no one needs to ask why chocolate merits its own category), each "Fourplay" is its own self-contained tasting menu, three to a category. The goal of this setup, as Iuzzini explains in his own introduction, is "combining the classic flavors of a particular season to make a harmonious dessert that [is] greater than the sum of its parts." Certainly it seems he achieves this goal with desserts such as his Sweet Potato Cake with Cranberry Foam, garnished with Date Puree and Flax Seed Tuiles – a sophisticated riff on a ubiquitous autumn flavor profile. But just in case all those combinations and permutations are a little too



much, there's a helpful section of "Building Blocks," which includes basic recipes or, as Iuzzini might see them, blank canvases.

After working under François Payard at Daniel, at age 23, Daniel Boulud offered Johnny a raise to be sous-chef at the then-new Café Boulud. He was promoted to executive pastry chef at age 26, a title he now holds working for Jean-Georges Vongerichten at Restaurant Jean-Georges. There's no question that his illustrious background has permeated the overall impression of this book. Johnny comments, "I just want people to be able understand and connect with what we do in a four-star restaurant. It's just a different way of thinking about food and learning new

techniques. I believe a book is a tool of education. Why buy a book if you already know how to make everything in it?" This mindset clearly shows through in the intricate layout of the "Fourplays," all plated desserts of the caliber seen at the top restaurants of the world. He refines and modernizes typical pastry fare, turning espresso into foam, praline paste into dust, while staying true to fundamental principles of complement and contrast, always matching a crispy element for every creamy one, balancing sweetness and acidity, never letting inventive flourishes mask the expression of the ingredients.

Though he dabbles in the avant-garde, as in the Chocolate-Olive Panini or the Mustard-Rhubarb Jam accompanying Rhubarb-Flan Tarts, and draws Asian inspiration from Jean-Georges's international palate, as in the Strawberry-Rhubarb Mochi (a kind of Japanese dumpling) served with Basil Gel, every recipe is meant to excite the palate, tease the senses, please the eye and be a lasting memory – the four-star experience.



Chocolate Peanut Cake, Bitter Chocolate Sorbet, Peanut Caramel

Ever since I ate my first Reese's Peanut Butter Cup, I've been a fan of chocolate and peanut butter and have a lot of fun taking that flavor combination to new levels. This dessert has many textures and flavor dimensions and is a winner in more ways than one. I entered this recipe in a Peanut Advisory Board competition, and it came away with first prize.

This is one of my most complicated desserts. Make sure to read through the entire recipe before beginning. Freeze any leftovers: they will be fine for about one month, and you can eat them like frozen Snickers bars.

Serves 8 on its own or 16 as part of a fourplay

Line a 9 x 12-inch rimmed baking sheet with parchment.

Put the peanut butter and praline paste in a food processor and pulse to combine, scraping the bowl.

Melt the chocolate in a glass bowl in the microwave—use 30-second bursts—or melt in a double boiler and add to the food processor. Pulse to combine. Scrape into a bowl. Fold in the feuilletine thoroughly, but try not to break the pieces too much.

Turn the mixture out into the baking sheet and use an offset spatula to spread it evenly into the pan. Cover with another piece of parchment and freeze until needed.

For the Chocolate-Peanut Praline

½ cup (125 g) smooth peanut butter
4½ ounces (124 g) hazelnut praline paste (see Note)
2 ounces (56 g) white chocolate (preferably Valrhona), chopped
4 ounces (116 g) feuilletine (see Note)

Note: You can purchase the praline paste online from L'Épicerie (www.lepicerie.com). Feuilletine is also available online from L'Épicerie. You can also buy cigarette cookies from a gourmet store and crush them as a substitute for the feuilletine..

For the Hazelnut-Peanut Sponge

¼ cup (25 g) hazelnut flour
¼ cup (25 g) peanut flour
4 teaspoons (12 g) all-purpose flour
4 large egg whites
Cream of tartar
½ cup plus 2 tablespoons (125 g) sugar
3 to 4 tablespoons coarsely chopped hazelnuts and peanuts

Heat the oven to 375°F or 350°F on convection. Line a 9 x 12-inch rimmed baking sheet with parchment.

Whisk the hazelnut flour, peanut flour, and all-purpose flour together in a bowl. Sift two times to aerate.

Put the egg whites and a tiny pinch of cream of tartar in the bowl of a standing mixer fitted with the whisk. Turn it on to low, and whisk the whites gently for 2 minutes, to start establishing a structure. The whites will look frothy but still a bit wet. Turn the speed up to medium and add one-third of the sugar. Continue to beat at medium speed until the whites have body and are just shy of having soft peaks. Add another one-third of the sugar and continue beating until the whites have formed soft peaks. Add the remaining sugar and beat until the whites are glossy and smooth and almost stiff. Keep your eye on the whites, so you don't overbeat them.

Sift the dry ingredients over the egg whites and fold them in. Spread the mixture evenly into the pan. Scatter the chopped nuts on top, covering the surface lightly but evenly. Bake until lightly browned and springy, about 10 minutes, rotating the pan halfway through baking. Remove from the pan immediately and let cool on the counter.

Remove the parchment paper and transfer the cake to a clean 9 x 12-inch rimmed baking sheet lined with parchment.

For the Chocolate-Peanut Ganache

5¾ ounces (162 g) milk chocolate (preferably Valrhona Jivara 40% cacao), finely chopped
 1 cup (240 g) heavy cream
 ¼ teaspoon (1 g) coarse salt
 ½ cup (112 g) smooth peanut butter

Put the chocolate in a glass bowl. Melt it partially in the microwave, giving it one 30-second burst.

Put the cream in a small saucepan with the salt and bring to a boil over medium-high heat. Add the peanut butter and whisk until smooth.

Pour one-third of the cream mixture into the center of the chocolate and stir from the center out toward the edges. Pour in another one-third of the cream mixture and continue to stir from the center out. Pour in the remaining cream mixture and stir, from the center out, until the ganache is completely smooth. Pour a thin layer of the ganache—use about one-quarter of it—over the cake in the pan and spread it evenly.

Take the praline out of the freezer and peel off the top piece of parchment. Invert the praline over the ganache and press down firmly all over with your palms to make sure you don't have any air bubbles between the layers and that the praline will stick to the ganache. Peel off the bottom piece of parchment. Spread the remaining chocolate-peanut ganache evenly over the praline and refrigerate until it sets, about 30 minutes.

For the Caramel-Chocolate Mousse

1 cup plus 3 tablespoons (285 g) heavy cream
 3 ounces (84 g) bittersweet chocolate (preferably Valrhona Le Noir Gastronomie 61% cacao), chopped
 2 tablespoons (25 g) sugar
 ¼ teaspoon (1 g) coarse salt
 2 large eggs yolk

Put 2 tablespoons of the cream in a small glass bowl and microwave for 30 seconds.

Melt the chocolate in a glass bowl in the microwave, in 30-second bursts, stirring between bursts. Let cool to 122°F.

Whip the remaining cream to soft peaks.

Put the sugar and salt in a very small saucepan and moisten it with enough water to make it the consistency of wet sand. Cook over medium-high heat, swirling the sugar in the pan once it begins to take on color, until it is a rich, dark amber. Pour in the warm cream and stir until smooth.



Meanwhile, put the yolks in the bowl of a standing mixer fitted with the whisk. Beat until light. With the mixer on medium, pour the caramel into the yolks, avoiding the whisk and the sides of the bowl. Beat at high speed until cool.

Fold about half the whipped cream into the chocolate. Microwave for 10 seconds. Fold in the yolk mixture little by little, incorporating it completely before adding more. Fold in the remaining whipped cream.

Spread the mousse evenly over the ganache in the tart ring. Using a pointed cake trowel, comb the mousse to create ridges. Freeze overnight.

To Serve

Unsweetened cocoa powder
 Gold leaf (optional)
 Caramel Sauce
 Chocolate Sorbet

Remove the cake from the pan and dust it lightly with cocoa powder. Cut into pieces to serve on its own, or cut into strips with a very sharp knife and then cut the strips on an angle. Garnish each piece of cake with a little gold leaf, if desired, and serve with the caramel and sorbet, if desired.

Note: In the restaurant, I spray the cake with a mixture of equal parts melted chocolate and cocoa butter, using a Wagner paint sprayer.

In this dessert, I match the earthiness of chocolate with the earthiness of beets. When you make the candied beets, use a mixture of red, golden, and chiogga (the candy-striped ones) for the prettiest presentation. You'll need separate batches of Simple Syrup for each type of beet to keep the colors intact. You'll be roasting more beets than you need for the cake. Use the extra puree to make Raspberry-Beet Sauce.

Serves 8 to 10

For the Candied Beets

2 bunches baby beets
2 cups (400 g) Simple Syrup
Sugar

Peel the beets and slice them about $\frac{1}{8}$ inch thick.

A vegetable slicer or mandoline works well for this.

Bring the simple syrup to a boil in a saucepan over medium heat. Add the beets and bring to a simmer. Reduce

the heat and simmer the beets gently until they're translucent, about 1 hour. Keep the heat low, so the beets don't curl as you cook them. Let cool completely in the syrup.

Line a baking sheet with a Silpat or parchment. Drain the beets gently, so they don't break, and dredge them in sugar. Arrange on the baking sheet and place in a cold oven overnight to dry.

Store in an airtight container for up to a week.

For the Cake

3 large beets
Coarse salt
1 ounce (28 g) unsweetened chocolate (preferably Valrhona cocoa paste), chopped
 $\frac{1}{2}$ cup plus 2 tablespoons (80 g) all-purpose flour
 $\frac{1}{2}$ teaspoon (2 g) baking soda
 $1\frac{1}{2}$ cups plus 1 tablespoon (160 g) sugar
1 large egg
6 tablespoons (80 g) grapeseed oil

1 teaspoon (2 g) vanilla extract

Heat the oven to 425°F or 400°F on convection.

Trim the tops from the beets, leaving about 1 inch of the stems. Tear off a large piece of aluminum foil and make a bed of coarse salt in the center. Set the beets on the salt, wrap the foil to make a tight package, and roast the beets until very tender, about 1 hour.

Let the beets cool. Peel them and cut them into chunks. Put them in a food processor and process to a very fine puree. Strain and measure out $\frac{1}{2}$ cup. Reserve the rest for the sauce.

Heat the oven to 350°F or 325°F on convection. Butter and sugar a 9-inch square baking pan.

Melt the chocolate in the microwave, in 30-second bursts, stirring after each burst.

Whisk the flour, baking soda, and $\frac{1}{8}$ teaspoon salt together in a bowl. Put the sugar, egg, and oil in the bowl of a standing mixer fitted with the whisk. Whisk for 2 minutes at medium-high speed, until pale and light. Beat in the vanilla extract, then the dry ingredients, then the chocolate, then the beet puree, mixing well after each addition. Scrape the batter into the pan and rap it on the counter to remove air bubbles. Bake until a knife comes out clean, 18 to 20 minutes, rotating the pan after 10 minutes. Let cool completely before removing the cake from the pan.

For the Raspberry-Beet Sauce

18 ounces fresh raspberries
 $\frac{1}{4}$ cup (55 g) beet purée
 $\frac{1}{2}$ vanilla bean, split and scraped
1 tablespoon (12.5 g) sugar
 $\frac{3}{4}$ teaspoon (2.5 g) powdered apple pectin

Put raspberries in a food processor and process to a very smooth puree. Strain it and measure out 1 cup.

Put raspberry purée, beet purée and vanilla pod and seeds in a small saucepan and bring to a boil over medium heat.

Mix sugar and pectin together and stir into purée mixture.

Bring back to a boil. Strain, cover with plastic and chill for at least 2 hours before serving.

To Serve

Cut the cake into cubes. Dip one cube in the raspberry-beet sauce, coating it completely. Pair it with a plain piece of cake on a dessert plate and garnish with a few candied beets, crumbling some of the beets if you want, and a spoonful of sauce.

Chocolate Beet Cake, Candied Beets, Raspberry Beet Sauce

Chef Alex Lee of Daniel taught me his way of starting to create recipes: taking an ingredient and then making a list of all the other flavors or ingredients that go well with it. He also prompted me to start thinking about the possibilities of pairing vegetables with sweets.

America's Leading Rolled Fondant Cake Icing



A Delicious Mellow Flavor
 Excellent Elasticity, Rolls Out Thin
 Easy-to-use
 Certified Kosher Pareve



845.469.1034
 www.RolledFondant.com



ELEGANT CHOCOLATES for ELEGANT DESSERTS



Serious Chefs order European chocolate slabs direct from us at wholesale prices — 35% below retail. Choose bittersweet, semisweet, milk or white chocolate.*
 Minimum order two slabs.

- Belgium Callebaut - 11 lb. Slab \$49.95
- French Cacao Barry - 11 lb. Slab \$49.95
- Swiss Style Peters - 10 lb. Slab \$39.95
- French Valrhona - 6 1/2 lb. slab \$49.95
- El Rey Chocolate - 6 1/2 lb. slab \$59.95
- All White chocolate* - \$10.00 extra per slab
- New! Noel Chocolate Discs: Semisweet 55%, Bittersweet 64%, Milk 35% - 11 lb. bag \$49.95 . Chocolate Liquor 99%, White 30%, Extra Bitter 72% - 11 lb. bag \$59.95

Great Gift Idea!

Add \$4.50 for UPS east of the Mississippi
 Add \$9.00 for UPS west of the Mississippi
 Outside US request shipping fee

For VISA, MASTERCARD
 & American Express orders,
 Call Toll Free 1-800-366-5900 Ext. 96

Send checks to: Gourmail
 100 Grand St., Worcester, MA 01610

Order on the Web at
 WWW.GOURMAIL.COM



Chocolate Chipotle Soup, Milk Chocolate Coconut Foam

Working in a restaurant affords me the opportunity to learn the food cultures of many of my colleagues, who often bring home cooking to share for lunch. When that home cooking is Mexican, the dishes are sometimes flavored with chipotles or another chile, and I've come to crave that little kiss of heat, even in dessert. The gentle kick in the chocolate soup is tamed by the soothing chocolate-coconut foam.

Serves 4 to 6 on its own or 8 as part of a fourplay

For the Milk Chocolate-Coconut Foam

5 ounces (150 g) milk chocolate (preferably Valrhona Jivara 40% cacao), chopped
1 (14-ounce) can coconut milk

Put the chocolate in a glass bowl and melt in the microwave, using 30-second

bursts and stirring after each burst, or melt in a double boiler.

Bring the coconut milk to a simmer in a saucepan. Add the chocolate and emulsify with an immersion blender. Refrigerate until cool, then emulsify again with an immersion blender. Pour into a whipped cream maker and charge with a cream whipper charger (N₂O). Shake vigorously. Refrigerate until needed or for up to 2 days.

For the Soup

Makes about 3½ cups
Scant ¼ ounce (6 g) chipotle chiles
About ¾ cups (780 g) milk
5 ounces (150 g) milk chocolate (preferably Valrhona Jivara 40% cacao), chopped

Heat a small skillet, preferably cast iron, over medium-high heat. When the skillet is hot, add the chiles, and toast them for about 90 seconds, turning them once. Let the chiles cool, then remove the seeds and chop.

Put the chiles in a small saucepan with 1½ cups of the milk. Bring to a simmer, then turn off the heat and infuse for 20 minutes. Mix with an immersion blender to pulverize the chiles. Strain through a fine strainer into a measuring cup and add enough milk to make 3 cups. Pour the milk into a clean sauce-

pan and bring to a boil.

Put the chocolate in a heatproof bowl. Pour about one-third of the milk into the center and stir from the inside of the bowl out. Continue adding milk gradually as the chocolate melts. Mix with an immersion blender.

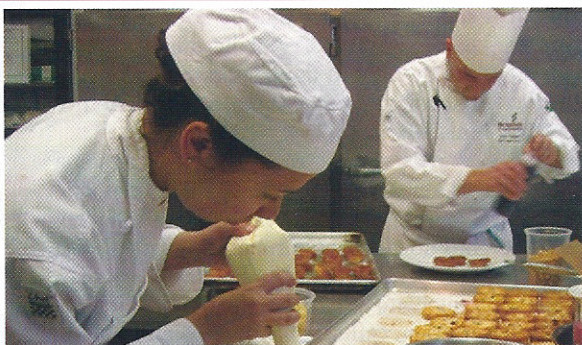
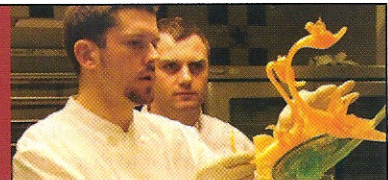
To Serve

Chocolate brioche croutons
Shredded unsweetened coconut, toasted

Fill a small glass or a cup about two-thirds full with the soup and top with the foam. Garnish with some croutons and toasted coconut. Repeat for each serving.

For the photograph, I held the glass on its side while I added the foam. ★

A Pastry Chef's Sweet Dreams Begin at ICE®



The Institute of Culinary Education offers diploma programs in Culinary Arts, Pastry & Baking and Culinary Management. Programs run eight to eleven months and are offered on morning, afternoon, evening and weekend schedules - ideal for recent graduates, career changers, and developing chefs and bakers who would like to be on the fast track.

At ICE®, class sizes are limited to 16 students and our curriculum goes beyond the classic French foundation to include the richness of American, Italian and Asian cuisine. ICE also offers externships in NYC and America's finest restaurants. Best of all, our recipe is working! In recent years, graduates of the school have gone on to win national awards, open top restaurants, edit leading food magazines, and start successful careers throughout the culinary world.

For Professionals: ICE's Center For Advanced Pastry Studies (CAPS) offers multi-day specialty courses with some of the world's leading pastry experts. See our summary schedule below. To register or receive more information on CAPS classes, please call or visit: iceculinary.com/CAPS or (888) 971-CHEF

2009 Schedule: Center For Advanced Pastry Studies

PULLED SUGAR SHOWPIECES with Laurant Branlard	Mon-Wed • May 11-13 • 7:30am-12pm • \$750
FRENCH PASTRY with Dimitri Fayard	Sat-Mon • July 13-15 • 7:30am-12pm • \$650
CHOCOLATE DECORATIONS with Norman Love	Wed-Thu • September 9-10 • 7:30am-12pm • \$450
SCULPTED CAKES with Elissa Strauss	Mon-Wed • October 19-21 • 7:30am-12:30pm • \$750
VALRHONA PLATED DESSERTS with Derek Poirier	Wed-Thu • November 4-5 • 7:30am-12pm • \$450


The Institute
of Culinary Education



50 WEST 23RD STREET
NEW YORK, NY 10010
(888) 618-CHEF
iceculinary.com/DESSERTPRO