

Eric Lanlard's *chocolate love affair*



The patissier with the honeyed Gallic tongue has an addiction – and he's not about to give it up. He's on a mission to share his passion for chocolate. Prepare to be wooed to the dark side...

☞ At the age of ten, my attraction to chocolate had already started. My memories go back further, to my family's daily visits to the local boulangerie where we would buy a brioche and a single bar of dark chocolate. My fascination with this precious ingredient is still with me and, over the years, I've made it my mission to discover the history and origins of chocolate, as well as to understand the techniques of its production. Much as I adore eating chocolate on its own, it's as an ingredient that I love it the most. ☞

Double chocolate macarons, p62



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Chocolate plus
cheesecake
equals genius

Chocolate coffee baked cheesecake

**SERVES 6-8. TAKES 30 MINUTES TO MAKE,
1 HOUR 35 MINUTES TO COOK, PLUS COOLING
AND CHILLING**

☞ Cheesecake is always popular – I'm a great fan of the baked version. The chocolate in this recipe is enhanced by the addition of the rich coffee flavour. ☞

delicious. KNOW-HOW

To crush biscuits, break them up, then put in a

freezer bag and bash with a rolling pin, or whizz in a food processor.

50g unsalted butter, melted, plus extra to grease

175g chocolate cookies, crushed

(see Know-how)

250g cream cheese

250g mascarpone

100g golden caster sugar

150ml double cream

1 tsp vanilla paste or extract (we like Nielsen-Massey)

1 tbsp plain flour

2 medium free-range eggs,

plus 1 free-range egg yolk

1 tsp instant coffee

2 tsp coffee extract

FOR THE CHOCOLATE TOPPING

15g unsalted butter

1 tbsp crème fraîche

50g light muscovado sugar

150g dark chocolate, finely chopped

1 tsp coffee extract

Pure cocoa powder for dusting

**1. Preheat the oven to 150°C/
fan130°C/gas 2. Grease a 22cm
diameter springform cake tin.**

**2. Put the crushed cookies and
melted butter in a bowl and mix.
Tip into the tin and press down with
the back of a spoon. Leave to set in
the fridge for 15 minutes.**

**3. Put the cream cheese,
mascarpone, golden caster sugar,
cream, vanilla and flour into a large
bowl and beat until smooth. Beat in
the eggs and egg yolk. Dissolve the
instant coffee in 2 tsp hot water,
then beat into the mixture with the
2 tsp coffee extract.**

**4. Spoon the mixture onto the
chilled cookie base, then bake for
90 minutes or until set but still with
a slight wobble in the centre. Cool
completely in the tin, then leave to
set in the fridge for at least 2 hours.**

**5. For the topping, put the butter,
crème fraîche and muscovado sugar
in a small saucepan and heat gently
until melted. Add the chocolate and
1 tsp coffee extract and heat gently
for a further 2 minutes, stirring
continuously. Remove from the heat,
then give it a good whisk. Cool for a
few minutes, then pour the topping
over the chilled cheesecake. Return
it to the fridge to set.**

**6. Remove the set cheesecake
from the tin and dust generously
with cocoa powder.**

PER SERVING (BASED ON 8)

**740kcal, 58.2g fat (35.2g
saturated), 29g protein, 46.6g carbs
(39g sugars), 0.7g salt, 0.8g fibre**

**Turn to p74 for ways to use
up leftover chocolate cookies**

Double chocolate macaroons

**MAKES 28. TAKES 1 HOUR TO MAKE,
35 MINUTES TO COOK, PLUS STANDING
AND COOLING**

☞ Macaroons are still popular, with more and more extraordinary flavours available, but you can't beat the rich dark chocolate variety. These are sandwiched with a chocolate filling. ☞

DELICIOUS. TIP Piping the macaroon mix in perfectly round shapes might take you a few goes.

☞ **200g icing sugar**

125g ground almonds

15g cocoa powder

3 medium free-range egg whites

25g golden caster sugar

**Red food paste (Eric recommends
Squires Kitchen's Poppy Red)**

FOR THE FILLING

**150g dark chocolate, roughly
chopped**

100g unsalted butter

3 tbsp double cream

Recipe continues on p64

REVIEW: SUSAN LOW



Swiss walnut and chocolate cake



**SERVES 8. TAKES 15 MINUTES TO MAKE,
40-45 MINUTES TO COOK, PLUS COOLING**

☞ This is one of my favourite cakes. I love the combination of walnuts and chocolate. ☞

ERIC'S TIP To roast walnuts, spread whole shelled walnuts over a baking tray and roast at 180°C/fan160°C/gas 4 for 5 minutes or until golden.

**150g unsalted butter, softened,
plus extra to grease**
100g dark chocolate, roughly chopped
150g golden caster sugar
2 medium free-range eggs
75g plain flour
2 tsp baking powder
**2 tsp vanilla paste or extract (we like
Nielsen-Massey)**
**65g roasted shelled walnuts (see
tip), chopped, plus 15 walnut halves**
☞ **Icing sugar to dust**
Cocoa powder to dust

**1. Preheat the oven to 180°C/fan
160°C/gas 4. Grease and line a 22cm
diameter cake tin with baking paper.**
**2. Melt the chocolate in a heatproof
bowl set over a saucepan of barely
simmering water, making sure the
surface of the water does not touch
the bowl. Leave to cool a little.**
**3. In a large bowl, cream the butter
and sugar together until pale and
fluffy. Beat in the eggs, one at a time,
then sift in the flour and baking
powder and carefully fold in. Add the
melted chocolate and the vanilla,
then fold in the chopped walnuts.**
**4. Spoon into the prepared tin, then
arrange the walnut halves on top in
a circular pattern. Bake for 30-35
minutes until a skewer pushed into
the centre comes out without any
raw batter sticking to it (the texture
will be similar to a brownie).**
**5. Leave to cool in the tin for 10
minutes, then transfer to a cooling
rack to cool completely. Dust with
icing sugar and cocoa powder.**
PER SERVING 432kcal, 30.2g fat
(14.1g saturated), 22g protein,
34.6g carbs (27.9g sugars),
0.4g salt, 1.6g fibre >>

THE DELICIOUS. RAVE REVIEW

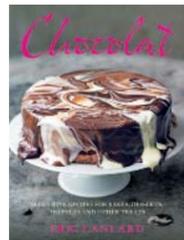
The dark stuff is the heart of the matter in Eric Lanlard's latest – and, dare we say, greatest – cookery book, *Chocolat*. It's a beautiful collection of recipes, but they're far more than just eye candy: they're deceptively easy to make and they really work. The brief but enlightening section on tips and techniques will put to rest any fears newbies may have about how to melt chocolate and temper it properly (Eric's technique is foolproof).

This master patissier's love for chocolate is plain and his enthusiasm contagious – try making any of the recipes here (or eating a slice of his double baked chocolate meringue brownie, p64) and we're sure you'll agree. As well as treats from Eric's native Brittany, such as Breton shortbread with chocolate, there are recipes from elsewhere in France and beyond: chocolate gâteau Basque, chocolate kouglouf from Alsace, chocolate and pistachio biscotti from Italy, plus classics such as brownies, a new take on battenburg and a 'proper' Black Forest gâteau that's anything but kitsch. It is, in a word, yum.

W
Waterstones



Eric's meringue brownie: greatest pudding ever?



Chocolat is published in May (RRP £18.99; Mitchell Beazley). To buy it at the special price of £12 including UK P&P, call 01903 828503 quoting Chocolat/MB545. Offer subject to availability. Please allow seven days for delivery.

...continued from p62

1. Start by making the filling. Melt the chocolate, butter and cream together in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl. Stir until smooth, then cool at room temperature until the mixture has thickened and has a piping consistency but isn't hard. 2. Meanwhile, make the macaroons. Line 4 baking sheets with baking paper. Put the icing sugar, ground almonds and cocoa powder into a food processor and grind to a very fine powder. Sift the powder into a mixing bowl. 3. In a separate, clean and dry bowl, whisk the egg whites to soft peaks, adding the caster sugar a little at a time. Just before the whites are peaking, add a point of a knife of red food paste (this will enhance the natural reddish colour of the cocoa powder). Using a rubber spatula,

gradually fold the powder mixture into the egg whites until smooth and glossy, but not runny. 4. Spoon the mixture into a piping bag fitted with a plain piping nozzle, then pipe 28 discs about 3cm in diameter onto the prepared baking sheets. Leave to stand at room temperature for 15 minutes to allow the tops of the macaroons to start to dry (in France, this process is called *croustiller*). Meanwhile, preheat the oven to 150°C/fan130°C/gas 2. 5. Bake the macaroons for 20 minutes or until the baking paper peels away from them easily. Remove the baking sheets from the oven, then leave the macaroons to cool completely. 6. When the macaroons have cooled, spoon the filling into a piping bag fitted with a plain nozzle. Pipe roughly 2 tsp of the ganache filling onto the flat base of a macaroon, then sandwich together with a second macaroon. Repeat with the remaining macaroons. Store in airtight containers for up to 3-4 days – it's best not to put them in the fridge as this can make them sticky.

PER MACARON 124kcal, 7.9g fat (3.6g saturated), 7g protein, 11.4g carbs (11.4g sugars), trace salt, 0.3g fibre

🔍 Find smart ways to use up icing sugar on p74

Double baked chocolate meringue brownie

SERVES 8. TAKES 25 MINUTES TO MAKE, 1 HOUR 15 MINUTES TO COOK

👩🍳 This is an incredible recipe! The texture of the two contrasting layers – one gooey and rich and the other crunchy with a marshmallowy centre – makes it really special. 🍷

FOR THE BROWNIE

250g unsalted butter, plus extra to grease
250g dark chocolate, roughly chopped
300g light muscovado sugar
5 large free-range eggs, separated

FOR THE CHOCOLATE MERINGUE

4 large free-range egg whites
225g golden caster sugar
2 tsp vanilla extract (we like Nielsen-Massey)
1 tsp cornflour
50g pure cocoa powder

1. Preheat the oven to 180°C/fan 160°C/gas 4. Grease and line a 22cm diameter springform cake tin with baking paper, ensuring it comes at least 5cm above the rim.

2. To make the brownie, melt the butter and chocolate together in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl. Add the muscovado sugar, stirring until it has completely dissolved. Remove the bowl from the heat, then stir in the egg yolks.

3. In a clean and dry bowl, whisk the 5 egg whites to soft peaks. Fold a couple of tablespoons of the whisked egg whites into the chocolate mixture, then fold in the remaining whites using a rubber spatula. Spoon the mixture into the prepared tin, then bake for 40 minutes.

4. Meanwhile, make the meringue. In a large, clean and dry bowl, whisk the 4 egg whites to stiff peaks, adding the golden caster sugar a little at a time. Add the vanilla extract. Sift the cornflour and cocoa powder together, then fold into the meringue until even and glossy. 5. Remove the chocolate brownie from the oven, then cover the top with the meringue. Return to the oven for a further 25 minutes or until the meringue puffs up and a crust forms on the top, but the centre is still soft. Leave to cool in the tin (the middle will collapse slightly). Serve warm.

PER SERVING 734kcal, 41.3g fat (24.5g saturated), 39g protein, 82.9g carbs (82.5g sugars), 0.4g salt, 2.1g fibre

👩🍳 For another fantastic Eric Lanlard recipe, visit deliciousmagazine.co.uk/chocolate-heaven

Milk, dark and white chocolate verrines

MAKES 20. TAKES 35 MINUTES TO MAKE, 20 MINUTES TO COOK, PLUS CHILLING

PLEASE NOTE Contains uncooked egg
👩🍳 Serving desserts in small glasses has become popular at parties. This chocolate trio looks great and tastes even better. 🍷

FOR THE DARK CHOCOLATE LAYER

75g dark chocolate, roughly chopped, plus extra, grated, to decorate
1 tbsp golden caster sugar
2 medium free-range eggs, separated

FOR THE MILK CHOCOLATE LAYER

75g milk chocolate, roughly chopped, plus extra, grated, to decorate
½ tbsp golden caster sugar
2 medium free-range eggs, separated

FOR THE WHITE CHOCOLATE LAYER

2 medium free-range egg yolks
2 tsp golden caster sugar
150g white chocolate, roughly chopped, plus extra, grated, to decorate
250ml double cream

1. For the dark chocolate layer, melt the chocolate and sugar in a heatproof bowl set over a pan of barely simmering water, making sure the water doesn't touch the bowl. Take off the heat, then stir in the egg yolks. In a clean, dry bowl, whisk the egg whites to firm peaks, then fold into the chocolate mixture. Divide among 20 shot glasses, then leave to set in the fridge. 2. Make the milk chocolate layer as above. Pour it over the set dark chocolate layer, then return to the fridge to set. 3. For the white chocolate layer, put the

egg yolks, sugar and 1 tsp water in a heatproof bowl and mix. Set the bowl over a pan of simmering water and whisk for 10 minutes. Remove from the heat and continue to whisk until thick and creamy.

4. Melt the white chocolate in a separate heatproof bowl set over the simmering water, then cool for a few minutes. Meanwhile, lightly whip the cream in another bowl to soft peaks. Stir the melted white chocolate into the egg mix, then fold in the whipped cream. Carefully pour the mixture over the set milk chocolate layer, then chill for at least 6 hours to set. Serve sprinkled with grated chocolate. **PER VERRINE** 173kcal, 13.2g fat (7.4g saturated), 14g protein, 10.1g carbs (10.3g sugars), 0.1g salt, 0.2g fibre 🍷

