



Petit Gateau

READY IN



92 min.

SERVINGS



6

CALORIES



1563 kcal

DESSERT

Ingredients

- 1 ounce bittersweet chocolate chopped
- 1 cup brown sugar
- 1 tablespoon butter melted
- 7 ounces butter
- 0.5 teaspoon cardamom pods crushed
- 0.5 ounce cocoa powder
- 2 ounces cocoa powder
- 0.5 teaspoon coriander seeds crushed
- 4 ounces cup heavy whipping cream

- 1 egg yolk
- 3 egg yolks
- 2 eggs
- 8 eggs
- 12 mint leaves fresh
- 2 sheets gelatin powder (1 teaspoon powdered gelatin)
- 3 sheets gelatin powder ()
- 0.5 ounce glucose
- 2 cups heavy cream
- 2 teaspoons juice of lime fresh
- 4 ounces milk
- 1 ounce chocolate chopped
- 2 tablespoons mint leaves crushed
- 3 ounces pastry flour
- 8 ounces pastry flour
- 0.3 cup rum
- 0.5 teaspoon salt
- 1.5 ounces sugar
- 7 ounce sugar
- 11 ounces sugar
- 0.5 vanilla pod
- 1 teaspoon vanilla extract
- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven

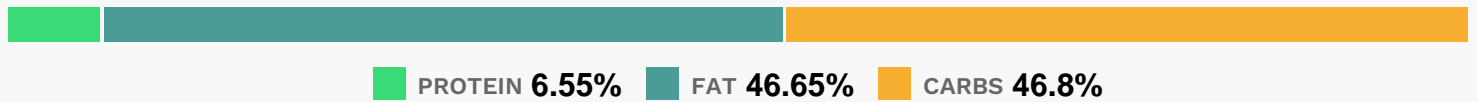
- whisk
- mixing bowl
- hand mixer
- stove
- microwave

Directions

- To make the mint chocolate mojito: Use 12 rings to cut out 3-inch circles in the cocoa genoise and place them at the bottom of each mold.
- Place the brown sugar, water, mint and spices in a medium saucepan and bring to a boil.
- Let the mixture cool and steep overnight. Strain and add the rum and lime juice. Reserve half of the liquid for the glaze.
- Brush a little of the syrup onto each cake. Pipe a tablespoon of chocolate ganache onto each cake and press a round chocolate cookie onto the ganache and fill with mint Bavarian mousse.
- To make the mint Bavarian mousse: Soak the gelatin leaves in water for 5 minutes, squeeze out excess water and microwave for 1 minute or until gelatin is dissolved. Stir in a spoonful of cream anglaise and then mix in the rest. Fold in the whipped cream. Fill entremet rings with the mousse and refrigerate until set, about 2 hours.
- To finish the cakes melt 2 leaves of gelatin and add to reserved syrup.
- Place a spoonful on each cake and garnish with chocolate shard or shavings.
- Preheat the oven to 350 degrees F.
- Combine the eggs and sugar together in a mixing bowl. Over simmering water, whip the eggs with a whisk until sugar is dissolved.
- Place the warm eggs in the bowl of an electric mixer and whip on high until ribbon forms. Fold the butter and sifted dry ingredients into the whipped eggs.
- Pour onto a greased, parchment lined half sheet pan and bake for 15 to 20 minutes. Cool completely.
- Combine the glucose and cocoa powder in a saucepan and stir over low heat until smooth. Temper in the cream and stir until cream comes to a boil.
- Pour over chopped chocolate. Stir until smooth. Allow to cool.;

- Cream the butter and sugar together.
- Add the vanilla and eggs to combine.
- Add the flour, salt, and cocoa and mix until just combined and smooth. Wrap and chill for at least 2 hours.
- Preheat the oven to 350 degrees F.
- Roll out and cut into desired shapes and bake for 10 to 12 minutes. Cool.
- Combine the milk, cream, vanilla bean, and mint in a saucepan and set on medium heat to bring just to a boil.
- Combine the yolks and sugar together just before the liquid is hot.
- Temper the hot milk/cream into the yolks and return to the stove to cook until thickened, and the mixture coats the back of a spoon. Strain and chill completely.

Nutrition Facts



Properties

Glycemic Index:68.48, Glycemic Load:65.78, Inflammation Score:-9, Nutrition Score:34.015217438988%

Flavonoids

Catechin: 7.66mg, Catechin: 7.66mg, Catechin: 7.66mg, Catechin: 7.66mg Epicatechin: 23.2mg, Epicatechin: 23.2mg, Epicatechin: 23.2mg, Epicatechin: 23.2mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 1563.13kcal (78.16%), Fat: 83.4g (128.31%), Saturated Fat: 49.22g (307.64%), Carbohydrates: 188.25g (62.75%), Net Carbohydrates: 177.39g (64.51%), Sugar: 140.17g (155.74%), Cholesterol: 592.08mg (197.36%), Sodium: 592.35mg (25.75%), Alcohol: 3.57g (100%), Alcohol %: 0.93% (100%), Caffeine: 34.35mg (11.45%), Protein: 26.35g (52.7%), Manganese: 2.79mg (139.41%), Selenium: 68.93µg (98.47%), Vitamin A: 3021.36IU (60.43%), Phosphorus: 573.27mg (57.33%), Vitamin B2: 0.78mg (45.76%), Copper: 0.89mg (44.74%), Fiber: 10.85g (43.41%), Magnesium: 169.67mg (42.42%), Iron: 6.14mg (34.13%), Zinc: 3.99mg (26.62%), Vitamin D: 3.89µg (25.96%), Vitamin B1: 0.36mg (23.93%), Calcium: 237.34mg (23.73%), Vitamin B6: 0.46mg (23.09%), Vitamin B5: 2.26mg (22.63%), Folate: 87.08µg (21.77%), Vitamin E: 3.24mg (21.59%), Potassium: 722.56mg (20.64%), Vitamin B12: 1.21µg (20.24%), Vitamin B3: 3.15mg (15.74%), Vitamin K: 7.91µg (7.54%), Vitamin C: 1.8mg (2.18%)