

Volcano Surprise with Lemon Mousseline Cake

READY IN



45 min.

SERVINGS



12

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cognac
- ☐ 3 tablespoons cognac
- ☐ 8 large egg whites
- ☐ 4 egg yolk with a fork beaten
- ☐ 6 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 of optional: lemon

- ☐ 2 teaspoons lemon zest grated
- ☐ 3 ounces potato flour
- ☐ 1 tablespoon butter unsalted (for buttering pan and platter)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 quart whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ springform pan
- ☐ pastry bag

Directions

- ☐ Put the egg yolks, sugar, grated lemon rind, and vanilla in a bowl, and mix well with a whisk until smooth and thick.
- ☐ Add the potato starch and flour, and mix with a whisk.
- ☐ Preheat the oven to 350 degrees. In another bowl, beat the egg whites until firm.
- ☐ Add about one-third of the egg whites to the egg-yolk mixture, and mix with a whisk to lighten the batter. Fold the remainder of the egg whites into the batter.
- ☐ Pour the batter into a buttered 9-inch springform pan.
- ☐ Bake on a cookie sheet in the 350-degree oven for approximately 35 minutes. The cake should be nice and puffy as it comes out of the oven.
- ☐ Let cool in the pan in a warm place. The cake will shrink slightly but remain moist and spongy inside.
- ☐ Butter the center of a round ovenproof platter and slice the cake horizontally into four layers.

- ☐ Place one of the cake slices on the buttered platter. Spoon the ice cream onto the cake slice, mounding it in the center, and smooth with a spatula.
- ☐ Cover the top of the ice-cream mound completely with cake, breaking the remaining slices of cake into large pieces, as needed, to make them fit snugly and over the filling entirely. (Any leftover cake can be frozen for future use.)
- ☐ Sprinkle the cognac over the cake. At this point, the dessert can be placed in the freezer while you prepare the rest of it.
- ☐ In the bowl of a mixer fitted with a whisk attachment, beat the egg whites until firm. Meanwhile, mix the egg yolks and the vanilla in a separate bowl with a fork just until blended. When the egg whites are firm, add the sugar fairly quickly, and continue beating with the whisk for another 15 to 20 seconds to incorporate it. Gently fold the egg yolks into the egg whites with a spatula. Spoon some of the soufflé mixture on top of the ice-cream cake, and smooth and round it into a conical shape.
- ☐ Preheat the oven to 400 degrees. You should have approximately a 1-inch thickness of the soufflé mixture on the cake, with the soufflé higher in the center. Spoon the rest of the soufflé mixture into a pastry bag fitted with a fluted tip, and make a spiral decoration all around the bottom of the volcano. Continue decorating the cake as you like with the remainder of the soufflé mixture.
- ☐ Embed the hollowed-out half-lemon shell in the center of the top of the volcano. Work quickly, so the ice cream and the soufflé coating remain firm.
- ☐ Bake in the 400-degree oven for 12 to 15 minutes. The outside of the cake should be nicely browned, and it should be just set inside.
- ☐ As soon as the cake comes out of the oven, sprinkle it with the confectioners' sugar, pour the warm cognac into the lemon shell, and ignite it. Bring the dessert to the table immediately. Spoon the flaming cognac onto the cake. using a spoon, scoop some of the soufflé, cake, and ice cream onto individual plates, and serve.
- ☐ Letterman, The Today Show, and Good Morning America. Mr. Pépin is the recipient of two of the French government's highest honors: he is the Chevalier de L'Ordre des Arts et des
- ☐ Lettres (199
- ☐ and a Chevalier de L'Ordre du Merite Agricole (1992). He is also the Dean of Special Programs at The French Culinary Institute of Wine and Food, a member of the IACP, and is on the board of trustees of The James Beard Foundation. He and his wife, Gloria, live in Madison, Connecticut.

Nutrition Facts



 **PROTEIN 11.86%**  **FAT 36.49%**  **CARBS 51.65%**

Properties

Glycemic Index:21.8, Glycemic Load:24.09, Inflammation Score:-4, Nutrition Score:8.3491304711155%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 361.79kcal (18.09%), Fat: 13.73g (21.12%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 42.65g (15.51%), Sugar: 33.93g (37.7%), Cholesterol: 195.01mg (65%), Sodium: 142.38mg (6.19%), Alcohol: 3.54g (100%), Alcohol %: 2.63% (100%), Protein: 10.04g (20.07%), Vitamin B2: 0.45mg (26.63%), Selenium: 17.93µg (25.61%), Phosphorus: 174.49mg (17.45%), Calcium: 130.16mg (13.02%), Vitamin A: 582.87IU (11.66%), Vitamin B12: 0.67µg (11.15%), Vitamin B5: 1.11mg (11.1%), Potassium: 309.28mg (8.84%), Folate: 31.96µg (7.99%), Vitamin B6: 0.16mg (7.95%), Zinc: 1.08mg (7.17%), Vitamin D: 1µg (6.66%), Vitamin B1: 0.09mg (6.09%), Magnesium: 22.04mg (5.51%), Iron: 0.92mg (5.14%), Vitamin E: 0.7mg (4.67%), Fiber: 1.08g (4.31%), Copper: 0.07mg (3.38%), Manganese: 0.06mg (3.1%), Vitamin B3: 0.54mg (2.71%), Vitamin C: 1.22mg (1.47%)