COOKING CLASSES

AT SUR LA TABLE

CHOCOLATE LOVERS LAVA CAKE

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- ☐ 1 cup mixed berries, optional

Dairy

- ☐ 1/2 cup whole milk
- ☐ 3 eggs
- ☐ 2 ounces unsalted butter

Pantry Items

- ☐ Granulated Sugar
- ☐ Kosher Salt
- ☐ 3 ounces Bittersweet Chocolate

Dry/Canned Goods

- ☐ 1/2 vanilla bean

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Paring knife
- ☐ Serrated knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Whisk
- ☐ Silicone spatula
- ☐ Fine mesh sieve
- ☐ Baking sheet
- ☐ Medium heatproof bowl

Cookware

- ☐ Small saucepan
- ☐ Medium saucepan

Appliances

- ☐ Stand mixer with whisk attachment

Bakeware

- ☐ Mixing bowls, various sizes
- ☐ Two 6-ounce ramekins

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Chocolate Lava Cake with Vanilla Bean Crème Anglaise

1. Preheat oven to 375°F
2. Coat ramekins with butter
3. Finely chop chocolate

CHOCOLATE LAVA CAKE WITH VANILLA BEAN CRÈME ANGLAISE

Yield: *2 servings*

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2 ounces unsalted butter, cut into 1" cubes
3 ounces bittersweet chocolate, finely chopped
1 egg
1 egg yolk
3 tablespoons granulated sugar
Pinch Kosher salt

Vanilla Bean Crème Anglaise (Recipe Included)
Mixed berries, optional garnish

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Preheat oven to 375°F and position rack in middle of oven. Lightly butter two 6-ounce ramekins.

1. To a medium saucepan, add enough water to reach 2 inches and set over medium-low heat; bring to a simmer. To a medium heatproof bowl, add chocolate and butter. Set over simmering water, making sure the bottom of the bowl does not touch the water. Cook, stirring with silicone spatula, until chocolate and butter are melted and smooth. Remove from the heat.

2. While the chocolate is melting, in the bowl of a stand mixer, fitted with a whisk attachment, whip the egg and egg yolk with granulated sugar and salt on medium-high until pale and light yellow, about 4 minutes.

3. Reduce the speed to low and gradually pour in the chocolate mixture until combined. Spoon the batter into the prepared ramekins and set on a baking sheet. Bake until the edges are set, but the center is underdone, about 10 minutes. Cool slightly, 2 to 3 minutes prior to serving.

4. ***To serve:*** Invert the lava cakes out of the ramekins and serve immediately with crème anglaise and berries.

VANILLA BEAN CRÈME ANGLAISE

Yield: *2 servings*

Crème Anglaise is a delicious treat that, if kept in an airtight container in the refrigerator, will keep for up to 5 days.

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1/2 cup whole milk
1/2 vanilla bean, split lengthwise
1 large egg yolk
1 tablespoon granulated sugar
Pinch Kosher salt

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1. To a small saucepan set over medium heat, add milk and bring to a simmer, remove from heat, and set aside. Using a paring knife, scrape the vanilla seeds from the pod. To the milk add the seeds and pod, stir to incorporate, and let steep 30 minutes

2. To a medium bowl, add the egg yolk, sugar, and salt, whisk to combine.

3. Bring the milk back to a simmer. Once simmering, add a small amount of warm milk to the egg mixture while constantly whisking. Return egg mixture to saucepan while constantly whisking until combined. Return pan to low heat, with silicone spatula, stir until sauce has thickened, about 3 to 5 minutes.

4. Remove from heat and discard vanilla bean pod. To a fine mesh sieve set over a mixing bowl, add the sauce and strain. Crème Anglaise can be served warm or chilled.

Recipe variations:
- Along with the vanilla bean you can steep other items including cinnamon, cardamom, mint or Earl Grey tea.