

RECIPE BY PATRICE IBARBOURE

Madong Chocolate Soufflé Tart

Recipe in 7 steps

CHOCOLATERIE DE L'OPÉRA

Recipe for 40 individual soufflé tarts.

1 Crumbly Chocolate Sweet Pastry

Dry butter	560g	27.0 %
Icing sugar	280g	13.5 %
Fine salt	8g	0.3 %
Potato starch	190g	9.1 %
Almond powder	90g	4.3 %
Whole eggs	60g	2.9 %
Egg yolks	60g	2.9 %
T55 flour	760g	36.7 %
COCOA POWDER 22/24%	60g	2.9 %
Total	2068g	100%

Put the butter, then add the icing sugar, salt, potato starch, and almond powder. Mix the flour with cocoa powder and pour in alternating with the eggs and egg yolks.

Spread to 2.5mm, cut out tart bases using a 7cm circle cutter and cut strips measuring 22cmx2cm.

Line the tart rings and refrigerate overnight, bake for 16 minutes at 160°C.

2 Hazelnut / Coffee Praline

HAZELNUT PRALINE 50% Crunchy	250g	86.2 %
Coffee beans	40g	13.7 %
Total	290g	100%

Crush the coffee beans with a rolling pin, then mix them with the hazelnut praline.

3 Madong Chocolate Pastry Cream

Semi-skimmed milk	675g	49.6 %
Caster sugar	120g	8.8 %
Egg yolks	30g	2.2 %
Whole eggs	135g	9.9 %
Custard powder	65g	4.7 %
Unsalted butter	65g	4.7 %
Dark chocolate MADONG 70%	270g	19.8 %
Total	1360g	100%

Whisk the egg yolks, whole eggs, and sugar until pale, then add the custard powder.

Bring the milk to a boil and pour over the eggs, cook until boiling, add the butter, then pour over the chocolate, and set aside

4 Cocoa Soaking

Water	360g	84.7 %
Muscovado sugar	25g	5.8 %
COCOA POWDER 22/24%	40g	9.4 %
Total	425g	100%

Bring the mixture to the boil and then soak the biscuits.

5 Madong Chocolate Cream

35% liquid cream	240g	28.0 %
Semi-skimmed milk	240g	28.0 %
Egg yolks	85g	9.9 %
Caster sugar	80g	9.3 %
Dark chocolate MADONG 70%	210g	24.5 %
Total	855g	100%

Whisk the egg yolks with the sugar until pale.

Heat the milk and cream together, then pour over the egg yolks and sugar.

Cook at 82°C and pour over the chocolate in 3 portions. Ensure a good emulsion, blend, and set aside.

6 Soufflé Mixture (for 40 tarts)

Chocolate pastry cream	450g	44.1 %
Egg whites	480g	47.0 %
Caster sugar	90g	8.8 %
Total	1020g	100%

Microwave the pastry cream for 10 seconds, whisk until smooth.

Beat the egg whites with the sugar until stiff peaks form, then fold into the pastry cream.

Pour the mixture into the tarts.

7 Bitter Chocolate Biscuit

Egg whites	145g	31.5 %
Caster sugar	160g	34.7 %
Egg yolks	100g	21.7 %
COCOA POWDER 22/24%	55g	11.9 %
Total	460g	100%

Whip the egg whites.

Tighten with half the weight of caster sugar.

Whisk the egg yolks with the other half of the sugar.

Sift the cocoa powder.

Fold the sifted cocoa into the whipped egg yolks.

Gently fold the egg yolk and cocoa mixture into the stiff egg whites using a spatula. Pour onto a half-sheet pan lined with parchment paper.

Bake at 200°C for 8 minutes.

Cut out disks measuring 5cm in diameter.

Final assembly

Finish:

100g of ground coffee

50g of 22-24% cocoa powder

Assembly:

Pre-bake the tart crusts at 160°C, keeping the ring, line them with parchment paper cut to a height of 3cm. Place 5g of praline at the bottom of the tart, then spread the chocolate pastry cream around the edge of the tart, fill the center of the tart with the chocolate cream.

Sprinkle with a little fleur de sel, place the previously soaked chocolate biscuit, and finish with the soufflé mixture, dusting with cocoa powder before baking.

Bake the tart for 6 minutes at 200°C. Upon removing from the oven, remove the ring and paper, and sprinkle with ground coffee.

