



Warm, Dark Chocolate Lava Cake

Presented by:
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Importance of Scaling

You will notice that our recipes are measured in grams. This is not only the traditional French way of measuring ingredients in pastry and baking but it is also the most common practice among pastry chefs in general. In pastry, you have to be as exact as possible, and measuring in grams allows you to do that even more so than with ounces. For example, if a recipe calls for 4 grams of salt, that is equivalent to even less than one fifth of an ounce! If you don't already have one, you can find a digital scale in many kitchen supply stores (or office supply stores), and they often measure in grams as well as ounces.

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Ingredients:

<i>Plugrá</i> Butter 82% Fat	100 g
<i>Cacao Barry</i> Chocolate 64%	90 g
Fresh Egg Yolks	40 g
Fresh Whole Eggs	100 g
Confectionery Sugar	100 g
<i>King Arthur</i> Cake Flour, sifted	40 g
Total Weight	470 g

Method:

- Butter the aluminum ramekins.
- In a mixing bowl, melt the butter and chocolate over a bain marie of hot water.
- Make sure that the eggs and egg yolks are at room temperature and mix the two together.
- Using the whisk attachment, slowly mix the confectionery sugar into the melted chocolate until smooth.
- Slowly add the egg mixture to the chocolate mixture until smooth.
- Add the sifted flour all at once and mix until homogenous.
- Fill the pre-buttered ceramic cups to three-quarters full with the chocolate mixture. Refrigerate and bake to order at 190°C/375°F for 9-11 minutes, vent closed.

Note: Do not over-bake the cakes, otherwise you will not get the soft center effect.



About The French Pastry School

The French Pastry School of Kennedy-King College at City Colleges of Chicago is the premier international institution of pastry arts education. Superb instruction, superior equipment, and top quality ingredients enable the co-founders, Chefs Jacquy Pfeiffer and Sébastien Canonne, M.O.F., to uphold an exceptional educational facility for all things sweet and baked.

The French Pastry School instructs over one thousand students and pastry professionals in hands-on classes each year and offers three main programs: L'Art de la Pâtisserie, a full-time 24-week pastry and baking certificate program; L'Art du Gâteau, The Professional Cake Baking and Decorating Program, a full-time 16-week certificate program; L'Art de la Boulangerie, an 8-week Artisanal Bread Baking Course; and Continuing Education courses, 3- to 5-day long classes year-round for professionals as well as food enthusiasts. Additionally, the Chef Instructors of The French Pastry School lead demonstrations on the premises and around the country for thousands more pastry professionals and enthusiasts.

The French Pastry School offers you the rare opportunity to learn the art of pastry in an intimate setting, being personally mentored by masters in their field. Your skills will be finely honed through hands-on practice and repeated exposure to the best pastry techniques, tools, and ingredients. Our school is dedicated only to the art of pastry, and it is our goal to be the finest pastry school in the United States, producing the best-prepared professionals entering the industry.

The French Pastry School's programs are approved by the Illinois Community College Board through Kennedy-King College at City Colleges of Chicago. Students in our full-time certificate programs earn from 16 to 24 college credit hours.