

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH CARL MATISE
ALL RECIPES ARE BY CARL MATISE



Chocolate

Reine de Saba Chocolate Torte

This torte is the Queen of all Tortes, made in European fashion without flour (gluten free!). This produces a flavorful dense, somewhat dry cake lacking in the intense sweetness of an American flour cake. The quality of the ingredients will directly affect the flavor of this cake. The ganache coating provides moisture and rich chocolate flavor. The ganache can be sweetened to preference by adding additional sugar to the heavy cream prior to emulsification.

Ingredients

8oz Bittersweet chopped chocolate, 60%

¾ cup unsalted butter at room temperature

¾ cup sugar

6 large eggs at room temperature

1 ½ cup finely ground almonds

2 cups chocolate ganache (2 parts chocolate, 1 part heavy cream)

Fresh fruit and nuts to garnish

Instructions

1. Preheat oven to 350°F.
2. Grease 10 cake pan.
3. Melt chocolate carefully until melted and smooth, set aside.
4. Separate eggs, setting aside the whites.
5. In your mixer bowl combine butter and sugar. Beat on high with electric mixer until light and fluffy. (8-10 mins) Add egg yolks one at a time, beating well after each addition.
6. Using a large bowl, beat the egg whites until stiff.
7. Add the chocolate and nuts to the butter mixture and beat well. Fold in egg whites. Pour into prepared pan and smooth the top.
8. Bake until the top puffs and forms a thin crust (about 50 mins).
9. Cool in the pan for 15 mins. Remove cake from pan and invert onto cooling rack. Cool completely.
10. Transfer to a plate and spread the warm chocolate ganache over the top and sides. Let set 10 minutes before garnishing with fruit and nuts.

MORE RECIPES ON THE BACK! →

Cacao & Fruit Salad

A perfect healthy dessert for those looking for a hint of chocolate without processed sugars. The cacao nibs in combination with the fruit draws out the chocolate flavors from the cacao.

Ingredients

- 1 cup sliced bananas
- 1 cup sliced fruit of choice (Peaches or Plums work nicely)
- 2 cups berries
- ½ cup cacao nibs plus extra for garnishing
- 1 cup freshly prepared whipped cream (optional).

Combine berries and cacao nibs. Mix well with spoon by gently folding mixture.

Serve with a dollop whipped cream of choice and garnish with cacao nibs.

Carrot Cake Ganache Cookies

16 oz. White Chocolate

6 oz. Heavy Cream

3 oz Carrot mixture

CARROT MIXTURE

- 4.2 oz. Carrot Shreds
- 2.7 oz walnuts
- ¾ tsp. Cinnamon
- 7 oz. pineapple
- ¾ tsp. pure vanilla
- 1.8 oz coconut
- 1.8 oz raisin
- ½ tsp. salt
- Puree all ingredients and store puree in tupperware

GANACHE

Carrot Confit: Using one large carrot, wash and peel with a julienne peeler. Combine 1 cup sugar with 1 cup water and boil the peels in mixture for 10 minutes.

Chop white chocolate. Pieces should be no larger than ¼ inch. Measure heavy cream into a pot. Add carrot mixture. Bring to a boil. Pour over chopped chocolate. Let sit 1 minute. Stir from the center until chocolate is melted and completely emulsified. Consistency should be like pudding.

Check temperature. If not at 88°F, let cool, stirring periodically until temperature is reached. Pour into pan.

Carrot Confit: Remove carrot peels from sugar solution with strainer and shake moisture from the peels. Roll each peel in sugar. (You can throw several peels with sugar in a tupperware and shake to coat). Lay peels on parchment paper to dry. Cut into ¾ - 1in. pieces

Let ganache sit overnight.

Scoop ganache onto graham cracker and top with rest.

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