



Concord - sigh Chocolate Cake



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This cake, which looks more like a sculpture, it's beautiful and tasty. The preparation is not simple, but the chef chocolatière Luciana Lobo teaches all the tricks and techniques for you to prepare at home this delicious made with chocolate mousse and meringue.

To the sigh

Ingredients:

250 g icing sugar
40 g cocoa powder
250 g egg whites

250 g sugar **Preparation:** 1. Cut two pieces of 60 cm of wax paper. With a pen, draw two circles of 20 cm in diameter in one piece of paper. In another piece, just draw a circle 20 cm in diameter. 2. Cover two baking sheets with large rectangular papers drawn. 3. About a bowl, sift the icing sugar and cocoa powder. 4. Using an electric mixer, beat the egg whites on low speed until it begins to foam. Add a little sugar (normal) and continue beating. When soft peaks form, add the remaining sugar (normal) gradually, stirring constantly, until the whole sugar. Turn off the mixer. 5. Add the mixture of icing sugar and cocoa powder to the egg whites, stirring gently with a spatula. 6. Transfer the cream to clear a pastry bag. Fill in the circles drawn on paper, making a snail in each circle. 7. With the cream left over, make breath strips that serve to decorate the cake. 8. Take the pans to bake in the oven to 120 ° C (low temperature) for 1 hour. The cooking time is less than the sticks of the discs. Make sure they are ready after 30 minutes. The oven temperature should be very low. If your oven is very strong, leave the door ajar. Remove pans from oven and let cool.

For the chocolate mousse

Ingredients:

500 g dark chocolate
450 g cream
120 g egg whites

80 g sugar **Preparation:** 1. A board, chop the chocolate milk. 2. Transfer the chocolate to a large heatproof bowl and microwave to melt. Alternatively, melt chocolate in double boiler. To make the bath, take a small pan with a little water over medium heat. When boiling, turn and push the heatproof bowl with chocolate. Water should not touch the

bottom of the bowl, because the steam heat is sufficient to melt the chocolate. Once melted, remove the bowl from the pan, being careful not to burn. It is very important not to let the steam contact with the chocolate, because the water causes it to lose brightness. Therefore, the bowl should be larger than the pan with water. 2. Using an electric mixer, beat the cream whipped to the point. Transfer the custard to a bowl. 3. Rinse well and dry the bowl and the blades of the mixer to beat the egg whites. Place the egg whites in bowl and beat until soft peaks. Add one part sugar and continue beating. When the whites are tougher, add the remaining sugar and beat until the point snow. 4. Add the egg whites to the melted chocolate and mix gently with a fouet (wire whisk) until smooth. Stir in whipping cream and mix with a spatula.

ASSEMBLY

1. With a knife, hit the vent discs so that everyone is the same size. 2. On a work surface, place one of the disks and cover with a bit of chocolate mousse. Place another disc over the surface and cover it with a little more mousse. Repeat the same procedure with the third disc and cover the surface and sides of three discs mounted. Do this procedure quickly so the mousse does not harden before finishing. 3. Break the chocolate sticks of meringue into pieces of 3 cm. Decorate the cake sticking to the poles in the photo. Sprinkle with cocoa powder. 4. Take it to the freezer to harden for 30 minutes. If serving the next day, leave it in the freezer and take 1 hour before serving.

Source: www.panelinha.com.br

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