

Bittersweet Mocha Pecan Souffle Roll

Author: Phillis Carey, cookbook author

Source: From a cooking class 10/2008



6 ounces milk chocolate, chopped
2 teaspoons instant espresso powder
1 1/2 cups heavy cream
1/3 cup pecan halves, or walnuts, or other nuts of choice
2 tablespoons flour
6 ounces bittersweet chocolate, chopped
1/2 cup unsalted butter, cut into pieces
4 large eggs, separated when they're COLD
2/3 cup sugar, divided use
1/8 teaspoon salt
1/8 teaspoon cream of tartar
Cocoa powder and powdered sugar for dusting the top

Serving Ideas: Serve with a scoop of vanilla ice cream - it needs it to cut the richness.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 410 Calories; 35g Fat (71.0% calories from fat); 6g Protein; 26g Carbohydrate; 3g Dietary Fiber; 135mg Cholesterol; 72mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 1 1/2 Other Carbohydrates.

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***Carolyn T's
Internet
Cookbook***

Servings: 12

Notes: According to Phillis, this can be made no more than two hours before serving. I think you could probably hold it up to 4 hours, but that's just my opinion since I haven't tried it myself

1. In a large bowl combine the milk chocolate and the instant espresso. Heat cream and pour over chocolate; let stand until melted, 5 minutes or so, then whisk until blended. Cool and refrigerate until cold, about 2 hours.
- 2.. Preheat oven to 350 F. Spray a 16 x 12 jelly roll pan with nonstick spray. Line the bottom with parchment paper and spray the paper.
3. Spread the pecans on a pie plate and toast for 7 minutes, or until golden brown. Let cool completely. In food processor pulse pecans with flour until finely ground.
4. Melt the bittersweet chocolate with the butter in a glass bowl in the microwave oven on HIGH power for one minute. Stir and cook 30-60 seconds more. Whisk until smooth. Allow to cool. Whisk in the egg yolks, half the sugar and the salt.
5. Whip egg whites with cream of tartar until frothy. Beat a high speed until soft peaks form. Turn speed to low and beat in the remaining sugar until the whites are firm and glossy. Fold 1/4 of the whipped egg whites into the chocolate; fold the chocolate and the pecans into the remaining whites until no streaks appear.
6. Spread the batter in the prepared pan and bake for 9 minutes (convection is okay) or until cake is springy to the touch. Let cake cool in the pan set on a cooling rack for 30 to 60 minutes. If you wait longer than that, the cake will become firm and unable to roll.
7. Run a knife around the edge of the pan. Heavily dust the cake with cocoa powder and cover with a large sheet of foil. Invert cake and remove the pan and parchment paper.
8. Beat the chilled mocha mixture (milk chocolate, espresso powder and cream) at high speed until it is firm and holds its shape. Spread the cream evenly over the cake. Starting on the long side, use the foil to help you roll the cake, bending back the foil as needed. If the cake cracks, just continue rolling and try to roll it onto that side so the crack doesn't show. Tightly wrap the cake in the foil and slide onto a flat plate or cutting board. Refrigerate until firm, about 2 hours. Unwrap cake and dust with more cocoa. Carefully slide cake onto a long platter and dust with powdered sugar. Cut into slices and serve.