

INDIVIDUAL CHOCOLATE FUDGE CAKES



FOOD SERVICE



An incredibly rich and chocolatey dessert cake with a gooey centre. These fudge cakes are great served cold but even better when served warm from the oven with vanilla ice cream. As the chocolate is the hero here, it pays to use a high quality chocolate for the most impressive results.

Customer Services Phone 0800 800 617

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INDIVIDUAL CHOCOLATE FUDGE CAKES



MAKES 12

INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
300g unsalted butter	0.00718	\$2.15
300g 70% cocoa solid dark bitter chocolate, roughly chopped	0.01896	\$5.69
5 no.6 eggs (250g whole egg)	0.20967	\$1.05
450g Chelsea Caster Sugar	0.00233	\$1.05
150g plain flour	0.00166	\$0.25
50g bitter cocoa powder	0.01158	\$0.58
pinch of salt		\$0.00
Chocolate Ganache		
200ml cream	0.00485	\$0.97
100g 70% cocoa solid dark bitter chocolate, roughly chopped	0.01896	\$1.90

METHOD

Grease 24 5cm x 3cm individual cake moulds or muffin tins and dust with cocoa powder or use 5cm x 3cm cupcake papers.

Melt butter in a small saucepan. Remove from the heat and stir in the chopped chocolate until melted. Set aside to cool slightly.

Put eggs and sugar into the bowl of a food mixer fitted with a whisk attachment and whisk until pale and fluffy.

Add the cooled chocolate mixture and whisk well to incorporate.

Sift together the flour, cocoa powder and salt and fold this gently into the chocolate mixture.

Spoon into the prepared moulds no higher than 2/3 full and chill to set (overnight if possible).

When ready to cook, preheat oven to 180°C. Place moulds onto a baking sheet and put into the centre of oven. Cook for 10-15 mins, until they are well risen and firm to the touch. Do not overcook as the centre will set too much; you are looking for a moist and gooey centre.

Leave cakes to cool in the moulds on a cooling rack. Once cold, gently turn out from the moulds.

Chocolate Ganache

Bring the cream to the boil, remove from heat and add the chocolate, stirring until melted. Refrigerate until completely set (this can be made a day in advance).

To serve Re-heat for 15 seconds in a microwave to barely warm and serve with a quenelle of chocolate ganache on the top. Also goes well with berry coulis.

SOME KEY POINTS TO REMEMBER:

Note: Do not overcook, as the centre will set in the chiller. It is supposed to be slightly soft and gooey in the centre.

If you use different sized moulds, cooking times may need to be adjusted. Wait until top begins to crack and rise like a mini volcano then remove from oven and cool.

Make the day before to allow to cool completely.

TOTAL COST	\$13.63
COST PER PORTION	\$0.57
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$2.18
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Costs based on average wholesale prices at February 2014

VARIATIONS

- Serve as a hot dessert – prepare as described but cook to order. As soon as cooked, run a knife around the outside of the cake and turn out onto a service plate and serve with premium vanilla ice cream or crème fraîche.
- Add 100g chopped hazelnuts for Chocolate Hazelnut Fudge Cakes
- Add 20ml Cognac, Kahlua, Crème de Menthe or Cointreau.

PROFIT

- Cost of goods per Chocolate Fudge Cake is approx.. \$0.57 inc. GST. A selling price of \$2.18 will return 70% gross profit, but a more realistic price of \$3.50 inc. GST would generate over 80% gross profit.

NUTRITION

- Contains wheat and dairy products.

SERVICE

- Keep refrigerated and serve warm by zapping in the microwave for 15 seconds, serve individual cakes with a dollop of Greek yoghurt and fresh raspberries.