

#FOOD & RECIPES

# Baked delicacies for the day of love



As Valentine day comes knocking, it is a perfect time to practice a few baked recipes to make the day's celebrations of love grander, infused with all the hard work that goes behind making something delicious for the people you love. Here are a few for you to try, courtesy of Sheraton, and Erhan Demir, the hotel's Executive Pastry Chef. Demir is an expert in French, Turkish and Arabic pastries, as well as Italian, Continental, Mediterranean, and fine-dining cuisine. A Turkish national, Erhan Demir has nearly two decades of experience working with well-known names like SwissOtel, Sofitel, Marriott, and many more. Demir has also worked with and learned from Michelin Starred Executive Chef Jean Paul Naquin, Werner Schanzl, Sapto Wibowo and Alain Heuze.

## DOUBLE CHOCOLATE LAVA CAKE

### Ingredients

115g sugar  
225g whole eggs  
85g whipped egg yolk  
225g dark chocolate  
175g melted butter  
75g sifted flour

### Method

Melt the chocolate, pour into Flexipan molds of ± 2cm and leave to harden.

Now beat sugar, eggs and egg yolks into a white, creamy blend. Melt the chocolate at 45°C with the butter, combine the egg mixture with the chocolate and add the flour. Fill the molds with the batter and push a chocolate centre into the heart of each one. Leave to rest in the refrigerator or store in the freezer. Bake at 180°C for 10-15 minutes, depending on the size, until done.

## SALTED CARAMEL PECAN CAKE

### Ingredients

For chocolate sponge—

140g cake flour  
4g baking powder  
145g dark chocolate  
240g butter  
200g whole eggs  
**Salted Pecan Nuts—**  
120 Pecan nuts  
100g Sugar  
50g water  
A pinch of salt  
10g cocoa butter  
Java chocolate cream  
200g chocolate milk chocolate  
100g dark chocolate  
120g whipped cream

### Method

Combine cake flour and baking powder, sieve together. Combine chocolate and butter melt together, then whisk and gently fold into the sieved flour. Bake for 10 minutes at 180°C.

To roast pecan nuts, caramelize some sugar in water, and add the nuts to the mixture. Sprinkle some onto the cake mixture and leave the rest on a tray.

Now warm up some whipping cream and fold into melted chocolate to create a smooth chocolate sauce. Now fold half of the chocolate sauce into the previous mixture.

### Assembling

Cut the chocolate sponge (10 x 2.5 cm) and pipe Java chocolate cream onto it. Add salted macadamia and sprinkle with sea salt. Decorate with chocolate plaque and gold leaf.

## STRAWBERRY COULIS

### Ingredients

250g granulated sugar  
16g pectin NH  
480g strawberry purée  
200g diced strawberries

### Method

Mix sugar and pectin together. Now heat purée and strawberries to about 40°C / 104°F and stir in sugar and pectin mix. Bring to a boil. Pour the hot mixture in a small sphere mould and freeze it.

## CHOCOLATE MOUSE

### Ingredients

14g silver gelatine sheets  
125g whole milk  
125g heavy cream  
100g raspberry puree  
405g white chocolate, semi melted  
375g heavy cream

### Method

Soak gelatine in ice water until softened; squeeze out excess water and set aside. Bring milk and cream to a boil and stir in the gelatine to dissolve. Place chocolate into a bowl, and slowly pour the hot milk over it, whisking until smooth. Cool to 28°C.

Whip the cream to soft peaks and fold it into the chocolate mixture. Reserve in the fridge.

**Food: Erhan Demir, Executive Pastry Chef, Sheraton, Banani, Dhaka**  
**Photo: Sheraton, Banani, Dhaka**

