

# Charlotte Recipe

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Prep. time : 60 minutes

Cook time : 25 minutes

Ready in 90 minutes plus cooling

Level : Advanced

## Lady Finger Sponge

- Egg whites 200g (7oz)
- Egg yolks 90g (3.2oz)
- Sugar 120g (4.2oz)
- Flour 150g (5.3oz)

## Syrup

- Water 85g (3oz)
- Sugar 85g (3oz)
- Kirsch 50g (1.8oz)

## Bavarian Cream

- Milk 200g (7oz)
- Egg yolks 60g (2.1oz)
- Sugar 100g (3.5oz)
- Vanilla powder
- Gelatin 4g (1Tsp)
- Whipping cream 250g (8.8oz)

## Chocolate Glaze

- Water 80g (2.8oz)
- Sugar 120g (4.2oz)
- Cocoa powder 10g (2.5Tsp)
- Glucose 20g (0.7oz)
- Gelatin 6g (1.5Tsp)

## Directions

1. Prepare one round ring mold 16cm (6") in diameter, and 5cm (2") high.
2. Make ladyfinger batter: whisk egg whites to soft peaks, and gradually add sugar. Continue whisking until firm peaks form. Add egg yolks, and fold in sifted flour. Pipe one disc for the bottom of the charlotte, and one stripe for the sides of the charlotte. Bake them at 180°C (350°F) for about 10 minutes.
3. When the sponge is golden brown, take it out from the oven and leave it to cool.
4. Adjust sponge stripe, so it is 2/3 height of the mold. Line the inside of the mold with acetate strip, and then with lady finger sponge strip.
5. Adjust the disc and insert it on the bottom.
6. Make simple syrup from water and sugar. Heat the mixture of water and sugar until the sugar crystals dissolve. When the syrup cools down, add kirsch.
7. Soak the disc with kirsch flavored syrup.
8. Soak gelatin in cold water. As soon as your gelatin softens, take it out and squeeze to get rid of the excess water.
9. To prepare Crème Anglaise, put milk, vanilla powder and half of the sugar into a saucepan and heat it up. Blanche the egg yolks with the rest of the sugar - whisk them until pale and thick.
10. Temper the yolk mixture with hot milk, return to the saucepan, and put everything back on the stove. Insert the probe of a digital candy thermometer into the mixture, and cook stirring constantly until cream reaches 84°C (183°F). Run it through a strain to get rid of any pieces of curdled egg yolks.
11. While Anglaise is hot, add bloomed gelatin and stir well.
12. Cool the mixture on an ice bath, stirring constantly. Whisk cream in a stand mixer until it reaches soft peaks.

13. When mixture becomes colder and starts to set, fold in cream whipped to soft peaks. Now you have made Bavarian cream.
14. Pour the Bavarian cream immediately into the mold leaving a couple of millimeters from the edge of the mold for the glaze. Leave it to cool in the freezer for few hours.
15. While the charlotte is cooling down, start preparing the glaze. Soak gelatin in cold water. As soon as your gelatin softens, take it out and squeeze to get rid of the excess water.
16. Put water, sifted cocoa powder and sugar into a saucepan and heat it up.
17. When the mixture boils, add the glucose. Remove the pan from heat and add soaked and drained gelatin.
18. Run the mixture through a strain, cover it with cling film and leave it to cool down.
19. Pour the lukewarm glaze over the frozen Bavarian cream. Leave it to set and remove charlotte from the mold. Decorate charlotte with melted white chocolate before serving.