

MOLTEN LAVA CAKE WITH BC FRUIT COULIS



INGREDIENTS

Ganache

BC Whipping Cream	75 ml
Bittersweet Chocolate, chopped	60 g

Molten Cakes

BC Unsalted Butter, cubed	125 ml
Bittersweet Chocolate, chopped	120 g
BC Whole Eggs, large	2
BC Egg Yolks, large	2
Granulated Sugar	125 ml
Cocoa Powder	30 ml
Sea Salt	Pinch
Icing Sugar	For Dusting

DIRECTIONS

1. For the ganache, heat the cream until it just begins to simmer and then pour this over the chopped chocolate. Let this sit a minute, then stir with a spatula starting at the center and widening the circles until the chocolate has fully melted and the ganache is smooth, chill until firm, about 2 hours.
2. Preheat the oven to 425 F. Grease four 5-ounce ramekins, coat them with sugar, shaking out any excess, and place them on a baking tray.
3. Melt the butter and chocolate in a metal bowl placed over a pot of gently simmering water, stirring until smooth. Remove this from heat (but it can still be warm).

- Whip the eggs, egg yolks and sugar until they have doubled in volume and hold a ribbon when the beaters are lifted, about 3 minutes. Fold in the melted chocolate, then sift in the cocoa powder and fold in (using the beaters). Divide this batter between the 4 ramekins and chill for 15 minutes.
- Spoon the grilled ganache into 4 truffles (you can roll the truffles between your palms to shape) and gently place this one into the center of each of the cakes pressing down into the batter slightly, but not to the bottom.
- Bake the molten cakes for about 9 minutes, until the top of each cake has domed up a bit and has a dull finish. Let the cakes sit for at least 2 minutes. Lift each up using a towel, run a spatula around each cake to loosen, place a plate overtop and invert, and lift off the ramekin. Garnish with a dusting of icing sugar and serve immediately.
- Alternately, the batter can be prepared, ramekins filled and then chilled until ready to bake and serve. Simply add an additional 2 minutes to the baking time.

BC STRAWBERRY & OKANAGAN PEACH TURMERIC COULIS

INGREDIENTS

BC Strawberry Coulis

Fresh or Frozen BC Strawberries	600 g
Granulated Sugar	to taste

DIRECTIONS

- Place berries in a pot. If using fresh BC Strawberries, add 125 ml water.
- Turn on low heat and cook until berries start to break down.
- Taste and add sugar as needed.
- Simmer for 2 minutes.
- Puree the berries, strain and cool for service.

INGREDIENTS

Okanagan Peach Turmeric Coulis

Ripe Okanagan Peaches	4
Granulated Sugar	as needed
Turmeric Powder	5 ml

DIRECTIONS

1. Bring a pot of water to a strong boil.
2. Score the bottom of the peach and add to the water.
3. Simmer for 30 – 45 seconds.
4. Remove the peaches and place in ice water to cool immediately.
5. Remove the skin and pit.
6. Place fruit into a pot and cook on low heat until the fruit starts to break down.
7. Puree the peaches and add the turmeric.
8. Add sugar as needed.
9. Simmer for 3 minutes.
10. Strain the peach mixture and strain.
11. Cool before service.