

Dark Chocolate Marquise recipe
Created for *Three Blonde Mice* by Arethusa al tavolo's pastry chef, James
Arena

Thin Chocolate Crust

7 oz. Valrhona chocolate (70% "Gunaja")
3 oz. pure cocoa butter

Line a small sheet pan with acetate. Melt chocolate and cocoa butter together in a double boiler or in the microwave in 30-second intervals. Spread a thin layer on the acetate and chill in the refrigerator until set. (Chef Arena says he puts the crust in the fridge, and by the time he makes the marquise the crust is set enough.)

Chocolate Marquise

15 oz. Valrhona chocolate (61% "Extra Bitter")
6 oz. butter
6 eggs, separated and at room temperature
3 Tbsp. sugar
Pinch of cream of tartar

Melt the chocolate and butter together in a microwave or double boiler until warm but NOT HOT. Using a standing mixer with a whip attachment, whip egg whites with the cream of tartar until thick (medium peak). Add sugar and continue to whip until stiff. Add the egg yolks to the warm chocolate mixture working quickly. Stir until they are emulsified and the mixture is smooth and glossy. Fold egg whites into the chocolate mixture in 3 parts; the first should be worked until smooth, while the next two additions should be incorporated with a little more care so as not to deflate the whites. Dispense mixture onto the thin chocolate crust. Place in freezer to set.

Beet Cremeux

1 quart beet juice, extracted from a juicer, reduced to ½ cup, simmering on low,
and reserved for the sauce
½ cup mascarpone cheese
1 cup heavy cream
2 Tbsp. confectioner's sugar

Mix ingredients until thick and set aside.

Beet-and-Raspberry Sauce

1 pint fresh raspberries
reserved beet juice from cremeux
¼ cup sugar

Slowly simmer all ingredients until raspberries are soft, approximately 10-12 minutes. Puree. Strain. Chill.

Salted Pistachio Croquant

½ cup pistachio meats
⅛ cup sugar
¼ tsp. sea salt

Line a sheet tray with parchment. Grind pistachios to a medium-fine texture in a food processor. Transfer nuts to a sauté pan and add sugar. Over medium heat, stir constantly until sugar starts to caramelize and nuts start to toast. Pour onto the parchment-lined sheet tray. Dust with sea salt. Cool. Once cool, break apart into bite-size pieces.

How to plate the dessert

From Chef Arena: “Put the beet-and-raspberry sauce on the plate with some finesse. You can paint it onto the plate with a paintbrush or make designs with it or whatever you like. Then put the marquise down on the sauce. It’s a mousse-like cake, so it can be cut into rectangles, squares, even rounds. Next goes the cremeux. I’d do a quenelle or a nice dollop right on top with the pistachios cascading over it all. Enjoy.”