

# Chocolate Caramel Mousse Cake Roll

Presented by Chef Chris Thielman  
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Servings: 6-8 servings

## Cake Roulade

### Ingredients:

4 ounces egg yolks  
½ ounce granulated sugar  
1 Tablespoon honey  
4 ounces egg whites  
2 ounces granulated sugar  
2 teaspoons vanilla extract  
1 ½ ounces all-purpose flour  
1 ½ ounces whole wheat flour  
1 Tablespoon vegetable oil  
Vegetable spray



### Method:

Pre-heat the oven to 400°.

Line an 18 by 13 inch shallow jelly-roll type pan (shallow sheet pan) with parchment paper or a silicone baking sheet. Spray with vegetable spray. Set aside.

In a small container or bowl, whip the egg yolks, the first amount of sugar, and honey with an electric hand mixer until tripled in volume and very thick (about 4 minutes). Set aside.

In a separate small container or bowl, whip the egg whites and second amount of sugar until the meringue is very thick.

In a large bowl, combine the yolk mixture, egg white mixture and vanilla. Fold lightly.

In another bowl, combine the 2 flours. Add the flour mixture to the egg mixture in 3 stages, folding gently each time. Fold in the oil.

Immediately place on prepared baking pan. Spread mixture with a small spatula until it is perfectly flat and even in the pan. Bake for 10 minutes at 400°. The top will be a very light golden brown and spring back when gently pressed.

Cool for 10 minutes.

Run a knife along the inside edge of the pan so the cake will release. Sprinkle granulated sugar over the top of the cake and invert quickly onto a clean surface / countertop. The granulated

sugar will not allow the cake to stick to the surface. Peel the silicone or parchment paper off slowly.

Set aside until ready to assemble.

### **Chocolate caramel filling**

#### **Ingredients:**

¾ ounce granulated sugar  
1 Tablespoon corn syrup  
2 ounces unsalted butter  
5 ounces heavy cream (heat to boiling)  
Large pinch salt  
1 Tablespoon dark rum  
3.75 ounces 72 % chocolate, chopped  
1.25 ounces 62 % chocolate, chopped

#### **Method:**

Place the granulated sugar in a medium sauce pan and heat over medium heat until the sugar starts to melt. Stir with a high-heat spatula and cook until it reaches a medium golden-brown color. DO NOT ALLOW THE SUGAR TO BURN.

Add the corn syrup, turn off the heat and then immediately add the butter and stir until it is all dissolved.

SLOWLY add the hot cream and stir until all of the mixture is dissolved.

Add the rum and chocolates. Let sit for one minute and then stir with a wire whip until all the ingredients are homogenous.

Place on an ice water bath and stir until it is the consistency of thick spreadable frosting. Spread the chocolate caramel filling evenly over the entire cake.

Starting on one of the short ends, slowly and tightly roll the cake so it resembles a pinwheel.

Tightly wrap the cake roll in plastic film and place in refrigerator until set. The cake roll may also be frozen and finished later with the ganache frosting.

### **Ganache for frosting the outside**

#### **Ingredients:**

4 ounces heavy cream  
½ ounce 72 % chocolate, chopped  
4 ounces 61 % chocolate, chopped

½ ounce unsalted butter in small pieces

**Method:**

In a small saucepan, heat the heavy cream until boiling. Turn off the heat and add the chopped chocolates.

Let sit one minute and then stir with a wire whip until thoroughly melted.

Place the ganache on an ice water bath and stir continuously until the chocolate starts to cool slightly.

Add the butter. Continue stirring the mixture until the ganache is the consistency of a thick frosting.

Use immediately to frost the outside of the cooled cake roll.

Optional: Place the excess in a pastry bag fitted with a small pastry tip and pipe decorations on the top of the cake roll. Sprinkle lightly with powdered sugar for a decorative accent.