



A large, ancient oak tree with Spanish moss hanging from its branches, set in a lush green park. The tree's trunk is thick and gnarled, with roots spreading out on the ground. The moss hangs in long, delicate strands from the branches, creating a canopy of green and white. The background shows a well-maintained lawn and other trees, suggesting a park or a large estate.

CAKES & SOUFLÉS

There is a longstanding tradition of serving puddings and custards for dessert in Charleston, so it is not surprising that chefs have consistently kept them on local menus. What is surprising—or at least happily noteworthy—is that each of these desserts offers a new and innovative twist to an old recipe.

Modern Charleston chefs use creative combinations of tastes to update a classic dish—figs served with Carolina Gold rice pudding, sweet biscuits with orange custard sauce, and red velvet bread pudding are a few of the standouts that come to mind. Puddings may harken back to our childhood days, but these innovations also serve to satisfy our more sophisticated palates.



CAROLINA'S RESTAURANT

ALMOND POUND CAKE WITH SMOKED HONEY ICE CREAM

Simple is sometimes best, and it doesn't get any better than this moist, lovely pound cake.

SERVES 8 TO 10

2 ½ sticks unsalted butter, at room temperature
1/2 vanilla bean
1 1/3 cups sugar
3 large eggs
3 large egg yolks
1 1/2 tablespoons water

1/2 teaspoon salt
1 cup all-purpose flour
1/2 cup almond flour

For SMOKED HONEY ICE CREAM recipe, see page 90

Carolina's is housed in a Revolutionary era building, less than 100 feet from the Cooper River. Charleston native Chef Jeremiah Bacon stays true to classic Southern traditions, and is the creative force behind the wonderful food served here. He was on CBS' The Early Show this summer, during which he cooked along the windy Battery with host Harry Smith.

For the first time in 100 years, Carolina Gold Rice was grown in the region at Kensington Plantation with a first yield in 2007. Richard Stoney, owner of the plantation, plans to supply his restaurant Carolina's with the harvest from this historic crop. Several heirloom rice crops, along with spices and vegetables are being cultivated on Kensington, all to be served at the oldest fine dining establishment in Charleston.

A debut dinner was held at the James Beard House in New York this year, with figs, collard greens, mixed greens, red peppers, black-eyed peas and spices from the garden. Chef Jeremiah Bacon calls it "culinary storytelling," with the history of Charleston told in the classic food of the region.

Preheat the oven to 325° F.

Line a 9-inch by 5-inch loaf pan with parchment paper.

Beat the butter in an electric mixer fitted with a paddle attachment until smooth and shiny, about 15 seconds. Add the vanilla bean to the sugar. Sprinkle the sugar slowly over the butter and beat the mixture until light, fluffy, and almost white, about 5 minutes, scraping down the bowl frequently.

Stir together the eggs, egg yolks, and water until well combined. Slowly add to the butter mixture in slow, thin stream, beating well. Beat in the salt.

Combine the two flours in a bowl. Sift one-third of flour mixture over the batter and fold in. Repeat two more times until all the flour is incorporated. Pour the batter into the prepared pan.

Bake for about 1 hour, rotating the pan after 30 minutes. The cake is done when a tester inserted near the center of a cake comes out clean.

Cool on wire rack for 10 minutes. Remove the cake from the pan and cool completely.





MIDDLETON PLACE HUGUENOT TORTE

Huguenot Torte is a Charleston favorite since the early 20th century. It is believed to have been first served at the Huguenot Tavern in Charleston during the 1930s, and is an adaptation of a dish from Arkansas called Ozark Pudding.

SERVES 8

4 large eggs
3 cups sugar
1/2 cup all-purpose flour
5 teaspoons baking powder
1/2 teaspoon salt
2 cups chopped tart cooking apples, such as
Granny Smiths

2 cups pecans, chopped
2 teaspoons vanilla extract

Whipped cream, to serve
sprig of ming, to garnish

Preheat the oven to 325° F. Butter two 8-inch by 12-inch baking pans.

Beat the eggs and sugar in an electric mixer with a wire whip attachment until very frothy and lemon-colored. Mix in the flour, baking powder, salt, apples, pecans, and vanilla. Pour into the prepared baking pans.

Bake for about 45 minutes, or until crusty and brown, rotating the pans halfway through baking. (Baking in a convection oven will cut the baking time by half, give or take a few minutes.)

Allow to cool to just over room temperature before serving. To serve, slip a spatula under each torte and slide onto a plate. Cover with a dollop of whipped cream. Using two spatulas, one for getting the torte out of the pan, the other for getting the torte to release from the pan, may make getting the torte out of the pan easier.



Middleton Place is an 18th-century rice plantation that's now a National Historic Landmark. The estate is home to sixty-five acres of formal landscaped gardens, and one of the South's most romantic inns. The Restaurant on the grounds was among the Top 10 restaurants chosen by American Way Magazine for its authentic regional cuisine.

The Middleton Place Restaurant evolved from a 1928 fundraiser held by the Junior League of Charleston, who set up a spring season Tea Room in the Rice Mill. The League volunteers used an upstairs kitchen to prepare okra soup and sandwiches for garden visitors. The Tea Room was moved to a former guesthouse on the plantation in 1949, where the restaurant now stands.

Many of its recipes were developed by renowned Southern Chef Edna Lewis, and includes Low Country favorites like Hoppin' John, okra jumbo and she-crab soup. The fresh ingredients are harvested right from the plantation's garden. The restaurant belongs to Slow Food Charleston, a group that promotes locally grown, sustainable foods.

Walking the lovely gardens, touring the plantation, and eating some of Middleton Place Restaurant's fine cuisine is a rare treat and shouldn't be missed.

Lana

Restaurant & Bar

It was originally called Cafe Lana when it operated on Cumberland Street. But when Chef-owner Drazen Romić was faced with moving, it meant a larger space in the Crosstown area and a new partner in Chef John Ondo. Lana is the new, more expansive incarnation, but still bears the name of Romić's daughter.

Native Charlestonian Ondo had cooked in other local restaurants, and brings a straightforward style to Lana that means seeking out the best ingredients, and not overdoing the preparation. Ondo's no-nonsense attitude won him press as one of the four "Hottest Chefs" in Charleston in the City Paper. In the Crosstown area, it's become a neighborhood favorite and its loyal patronage is growing through word of mouth.

It's a casual, intimate setting that's also a showcase of local art, with rotating works on view. The menu is inspired by southern Europe, but each dish maintains a regional essence rather than going for Euro-fusion cuisine. A perfect example is the pairing of figs and almonds in the scrumptious dessert featured here.

LANA RESTAURANT AND BAR

STICKY FIG CAKE WITH ALMOND GELATO

SERVES 12

CAKE

1/2 cup unsalted butter, at room temperature
1 cup firmly packed light brown sugar
3 large eggs
1/2 teaspoon ground cinnamon
1 cup chopped dried figs
1 1/4 cups boiling water
1 teaspoon baking soda
2 cups self-rising flour

GLAZE

3/4 cup dark muscovado or Barbados sugar
6 tablespoon unsalted butter
1/4 cup heavy cream

ALMOND GELATO

3/4 cup almonds, processed (see below)
2 tablespoons almond paste
3 cups milk
1 cup heavy cream
5 large egg yolks
3/4 cup granulated white sugar
1 teaspoon vanilla extract

See page 92 for Caramel Sauce

Preheat the oven to 350° F. Grease a 9-inch springform pan.

TO MAKE THE CAKE, combine the butter and brown sugar in an electric mixer fitted with a paddle attachment. Beat at medium speed until fluffy, about 4 minutes. Add the eggs, one at a time, beating well after each addition and scraping down the bowl. Beat in the cinnamon.

Combine the figs and boiling water in a bowl, cover, and let steep for 5 minutes. Add the baking soda and puree in a blender.

Add the flour to the butter mixture, then add the pureed figs and mix until well combined. Pour into the prepared pan. Bake for 45 minutes, or until a tester inserted near the center comes out clean. Cool on a wire rack for 30 minutes, then remove from pan and glaze.

TO MAKE THE GLAZE, combine the muscovado sugar, butter, and cream in a heavy saucepan. Simmer for 3 minutes. Pour directly over the fig cake.

TO MAKE THE GELATO, pulse the almonds and almond paste in a food processor until broken into little pieces. Combine the milk, cream, and nut mixture in a saucepan and bring to a simmer.

In another bowl, beat the egg yolks and white sugar until pale. Slowly pour a little of the hot cream mixture into the yolk mixture. Continue to whisk in small amounts of milk at a time until the temperatures of the two mixtures are equal. Whisk the yolk mixture into the cream mixture. Cook over medium heat, stirring, until the mixture has thickened and will coat the back of the spoon. Remove from the heat and stir in the vanilla. Transfer to a bowl. Place the bowl in a larger bowl of ice and let cool, stirring occasionally.

Transfer to an ice-cream maker and freeze according to the manufacturer's directions.

TO SERVE, slice the cake and place on a plate. Top each serving with a scoop of the gelato.





ANGELFISH CAKE BAKERY

SHERRY PETITS FOURS

These little beauties are almost too precious to eat, but I'll bet that the yield of 40 will actually only feed 8 people. They taste every bit as good as they look!

MAKES 40

CAKE

2 1/4 cups unsalted butter, at room temperature
3 cups granulated white sugar
1 cup sour cream, at room temperature
1/2 cup good-quality Sherry
3 cups all-purpose flour
1/3 cup cornstarch
1 teaspoon kosher salt
1 teaspoon baking soda
8 large eggs at room temperature

GLAZE

1/2 cup unsalted butter, melted
2/3 cup good-quality Sherry
4 cups confectioners' sugar

Sprinkles or flowers, to decorate

Angelfish Cake is the paired-down, simplified essence of previous restaurant endeavors of the mother-daughter team of Chris and Jennifer Thomas. For many years, the two ran AngelFish, a James Island eatery with vegetarian fare and scrumptious desserts.

This is a family of restaurateurs—Chris' mother Lucy ran Stella's Spaghetti in the 1940s, and Evangeline in downtown Charleston. With her father and brother Michael, Chris opened Momma's Money on upper King, before opening her own diner-style restaurant called King Street Eden. Chris and daughter Jennifer ran the Sun Spot on Folly beach before opening the original AngelFish, and both featured their signature vegetarian fare.

Now they have a storefront selling sandwiches and desserts, with much of the business coming from catering, and their cakes and pies are always in demand. They have catered for many loyal local clients for 20 years.

Preheat the oven to 350° F. Butter and flour an 18-inch by 12-inch pan.

TO MAKE THE CAKE, combine the butter and white sugar in an electric mixer fitted with a paddle attachment. Beat at high speed until fluffy. Decrease the speed and add the eggs, two at a time, beating well after each addition and scraping down the bowl. Add the sour cream and Sherry and beat until well combined.

Sift together the flour, cornstarch, kosher salt, and baking soda. Turn the mixer to low, and add the flour mixture, beating just to combine. Pour into the prepared pan. Smooth out with a spatula.

Bake the cake for 30 minutes, until a tester inserted near the center comes out clean.

Cool the cake thoroughly and chill in the refrigerator to firm up

TO MAKE THE GLAZE, combine the melted butter, sherry, and confectioners' sugar. Beat until completely smooth.

When the cake is completely cold, cut into 1-inch squares using a wooden ruler. Place the cake squares on a rack set over waxed paper, to catch drips. Spoon the glaze over the cake squares and let set. They may require two coats to cover evenly. Decorate with sprinkles or flowers.





SQUARE ONION CAFE

SILVER MOON CARAMEL CAKE

This recipe was owner Mary Zapatka's great grandmother's recipe. It was named by Mary's dad when he was just a small boy.

SERVES 10

CAKE

3 cups sifted all-purpose flour
 1 tablespoon baking powder
 1/2 teaspoon salt
 4 large eggs, separated
 1 cup unsalted butter, at room temperature
 2 cups sugar
 2 teaspoons vanilla extract
 1 cup milk

SILVER MOON FROSTING

1 1/2 cups unsalted butter
 4 1/2 cups sugar
 1 1/2 cups milk
 1 tablespoon vanilla extract

The name of this deli comes from its location in a Mt. Pleasant neighborhood, being on the "square on I'On". Across the harbor from Charleston, I'On is an award-winning 243-acre development that's called neo-traditional because of its shared green spaces and pedestrian-friendly walkways.

Mary and Cary Zapatka opened Square Onion in 2001 out of a belief in homemade food, and the tradition of eating together as a family. Mary had been general manager of Magnolias restaurant for a dozen years, and Cary was with the Boathouse, helping them open their first location.

Many of the Square Onion's recipes were passed down from mothers and grandparents on both sides. The Zapatkas are big believers in the dinner table as a place to nurture the family, especially kids, and have many take-out meals ready to sit down and enjoy together.

It's excellent Southern comfort food, with favorites like the hamburger tater tot casserole and caramel cake, an old family recipe. Sitting with others at the big wooden table in the front of the deli feels delightfully like eating at your mom's kitchen table.

Preheat the oven to 350°F. Butter and flour three 10-inch cake pans.

TO MAKE THE CAKE, sift the flour, baking powder, and salt together 3 times. Set aside.

Beat the egg whites in a clean bowl until stiff but not dry peaks form.

Cream the butter in an electric mixer with a paddle attachment until light. Gradually add the sugar, beating until light and fluffy. Add the egg yolks, one at a time, beating well after each addition and scraping down the bowl. Alternately add the dry ingredients and milk, one third at a time. Beat until smooth after each addition. Add the vanilla. Fold in the egg whites. Divide the batter among the prepared pans.

Bake for 25 to 30 minutes, until a tester inserted near the center comes out clean.

Cool on wire racks for 10 minutes. Remove the pans and continue cooling the cake layers.

TO MAKE THE FROSTING, combine the butter, sugar, and milk in 4-quart or larger saucepan. Bring to a boil and cook, stirring constantly, to the softball stage (220° F on a candy thermometer). Remove from heat and beat at medium-high speed until the sheen dulls and the frosting is of spreading consistency. Add the vanilla after beating a couple of minutes. Care should be taken while beating because the frosting is very hot. Do not beat too long or the frosting will harden. If the frosting becomes too stiff, beat in a little milk, 1 tablespoon at a time, to bring it back to spreading consistency. Work quickly when spreading on the cake or the frosting will set before the cake is covered.





HIGH COTTON PRALINE SOUFFLÉ

A soufflé is often referred to as the “dessert of kings”, and this one, with its distinctive praline flavor, is certainly worthy of the title.

SERVES 6

SOUFFLÉ BASE

2 tablespoons heavy cream
2 tablespoons milk
1/2 cup firmly packed brown sugar
2 egg yolks
1 tablespoon all-purpose flour
1/4 cup pecans, toasted
2 tablespoons molasses

MERINGUE

2 cups egg whites (approximately 9 egg whites)
2 cups granulated sugar
1/2 tsp crème tartar

CHOCOLATE SAUCE

1 cup heavy whipping cream
4 oz milk chocolate
4 oz dark chocolate

Preheat the oven to 375° F.

Lightly butter six 6- to 8-ounce ramekins with softened butter. Divide about 1 cup granulated white sugar among the ramekins. Roll the sugar in the ramekins until they are well coated with sugar. Dump out any excess sugar.

Combine the milk, cream, and 1/4 cup of the brown sugar in a small, heavy saucepan. Bring almost to a boil.

Beat the egg yolks with the remaining 1/4 cup brown sugar in a medium bowl until well combined. Sift the flour over the mixture and blend in until the mixture is as smooth as possible. Slowly pour the hot cream mixture into the yolks. Return to the stove over medium heat and cook, stirring constantly, until thickened. Add the pecans and molasses. Cook for 30 seconds more.

Place the saucepan in a bowl filled with ice and chill, stirring occasionally.

FOR THE MERINGUE, combine the egg whites and cream of tartar in an electric mixer fitted with a whip attachment. Beat until soft peaks form. Gradually add the white sugar, beating until the mixture forms stiff peaks.

In a separate bowl, combine the chilled egg yolk mixture with about one-quarter of the whipped egg whites. Mix vigorously. Slowly fold the rest of the egg whites into the mixture. Spoon the soufflé mixture into the prepared ramekins.

Bake for about 10 minutes, until the soufflé rises and the top is golden.

FOR THE SAUCE, melt chocolates in either a double boiler, or in a stainless bowl, set over a pot of simmering water. Slowly whisk in cream and set aside. Pour into a small pitcher or serving dish to be used at table to spoon over finished soufflés.

TO SERVE, sprinkle with the confectioners' sugar, drizzle with chocolate sauce and serve immediately.



Everything about High Cotton promises comfortable luxury, and reflects its name, an old Southern plantation reference to livin' large. Tropical palm fans slowly move the breeze in a room with heart-pine floors and high ceilings. The ambience is fresh, refined and the interior has a masculine feel, as if it is the home of a wealthy gentleman farmer.

Opened in 1999 with a menu designed by Chef Frank Lee, it's a decidedly hearty line-up of Carolina game, steak, and seasonal seafood. It's been called a Southern-style steakhouse, but this would be the antebellum version, where planters might gather to toast a good crop.

High Cotton has multiple dining rooms, and a bar with music, making it a perfect place to spend a slow, indulgent afternoon or evening. Good food, great atmosphere, and a feeling of old Charleston—go and enjoy!



The cool elegance of Cypress's interior belies the excitement and energy that their food demonstrates. Cypress won Best New Restaurant in 2001 from Esquire Magazine. The circa 1834 historic building has exposed brick walls and soaring multi-story heights, with added contemporary elements of glass and steel.

A visually dazzling three-story wine wall holds thousands of labels, mostly California and French varieties. Cypress holds the Award of Excellence for its wine selection from Wine Spectator.

Chef Donald Barickman's cuisine is Lowcountry with innovation, like the recipe featured here. Pastry Chef Kelly Wilson says this is one of her favorites because it marries the tastes of a classical French dessert with Low Country flavors.

This trendy restaurant is sophisticated and fun. I always expect to see a line of paparazzi waiting outside, but, happily, the food is always the star at Cypress.

CYPRESS

PECAN BROWN BUTTER FINANCIERS

SERVES 6

FINANCIERS

1 cup unsalted butter
2/3 cup pecans
1 1/2 cups confectioners' sugar
1/2 cup all-purpose flour
2 teaspoons baking powder
Pinch of salt
5 egg whites, at room temperature
1 1/2 teaspoons vanilla extract

For CAMEL PARFAIT recipe, see page 93

BOURBON MOUSSELINE

2 tablespoons light brown sugar
3 large egg yolks
3 tablespoons bourbon
3/4 cup heavy cream
1/4 vanilla bean, split and scraped

BOURBON MACERATED GRANNY SMITH APPLE

2 Granny Smith apples, peeled, cored, and finely diced
1/2 cup granulated white sugar
Pinch of salt
1/4 vanilla bean, split and scraped
1/4 cup bourbon
Apple cider

TO MAKE THE FINANCIERS, melt the butter in a heavy saucepan over medium heat. Cook until the solids in the butter begin to brown and the butter smells nutty. Pour the brown butter into a bowl and set aside to cool at room temperature.

Prepare six (5-ounce) ramekins by generously coating them with softened butter, paying special attention to the bottom corners. Dust the buttered ramekins with flour and tap out the excess. Place the prepared ramekins on a sheet pan.

Pulse the pecans in a food processor until almost finely ground, stopping before they begin to clump. Add the confectioners' sugar and process for 30 seconds, or until thoroughly combined.

Sift together the flour, baking powder, and salt. Add to the mixture in the food processor and process until combined. Transfer to a large bowl.

Combine the egg whites and vanilla in a mixing bowl until well blended. Fold into the dry ingredients. Measure out 11 tablespoons (5 1/2 fluid ounces) of the cooled, but still liquid brown butter and stir into the batter (any remaining brown butter can be reserved for later use). Divide the batter among the prepared ramekins.

Cover the ramekins and place in the refrigerator. It is preferable for the batter to rest overnight, but, if necessary, the financiers can be baked after 3 hours of chilling.

Preheat the oven to 350° F.

With the ramekins still on the sheet pan, bake for 15 minutes. Rotate the sheet pan and bake an additional 10 to 15 minutes, until the cakes are a shade past golden and still slightly spongy in the center.

Remove from the oven. Immediately unmold the financiers onto a clean countertop or sheet of parchment paper, using a thin bladed knife to loosen the sides of any stubborn cakes from the ramekins.

Serve immediately or cool completely, and store refrigerated. Reheat prior to serving.

TO MAKE THE BOURBON MOUSSELINE, whisk together the brown sugar, egg yolks, and bourbon in



a large stainless steel bowl set over a pot of boiling water. Whisk the mixture over medium heat until completely foamy and hot to the touch. Be careful not to overcook, or you will curdle the egg yolks.

Transfer the bowl to an ice bath and whisk continuously until cool.

Whip the cream and vanilla seeds to medium peaks.

When the egg mixture is cool, whisk in whipped cream. Chill until needed. This keeps for up to 3 days. If the mousseline loses its fluffiness during this time, it can be rewhipped.

TO PREPARE THE MACERATED APPLES, combine the apples, white sugar, salt, vanilla seeds, and bourbon in a heavy saucepan. Add enough apple cider to completely cover the apples. Bring to a slow boil over low heat. Simmer the apples, stirring gently and intermittently, until the apples become transparent, approximately 10 minutes

Remove from the heat. Transfer the apples and cooking liquid to a stainless steel bowl. Place the bowl in an ice bath and cool the apples completely. Drain off the liquid before serving.

TO ASSEMBLE THE DESSERT, place 2 tablespoons of bourbon mousseline on each plate. Top with a warm financier. Sprinkle a tablespoon or so of drained macerated apple over each cake. Place a scoop of caramel parfait atop the financier and serve.

NOTE: Optional accompaniments include ground candied pecans and dried apple chips.



CYPRESS

LEMON BUTTERMILK POUND CAKE WITH BERRIES AND HONEY PARFAIT

This is a nice, light summer dessert, highlighted by the fresh, local berries.

SERVES 4 TO 6

LEMON BUTTERMILK POUND CAKE

6 tablespoons unsalted butter, at room temperature
3/4 cup sugar
Zest of 2 lemons, finely grated
3 large eggs
2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/8 teaspoon baking soda
1/2 teaspoon salt
1/2 cup buttermilk
Juice of 1 lemon

LAVENDER SIMPLE SYRUP

1/2 cup sugar
1/2 cup water
1 tablespoon dried lavender flowers

HONEY FROZEN PARFAIT

2 cups heavy cream
1 teaspoon plain gelatin
2 tablespoons cold water
4 large egg yolks
1/3 cup honey
Pinch of salt
1/2 vanilla bean

Fresh berries (raspberries, blackberries, strawberries, blueberries), to serve
Fresh lavender sprigs, to garnish

Preheat the oven to 350° F. Grease a 9-inch by 5-inch loaf pan.

TO MAKE THE CAKE, combine the butter, sugar, and lemon zest in an electric mixer with a paddle attachment. Beat together until fluffy. Add the eggs, one at a time, beating just until combined after each addition. Scrape down the bowl and beat for 1 more minute.

Sift together the flour, baking powder, baking soda, and salt in a medium bowl. In a second bowl, combine the buttermilk and lemon juice.

Add the flour mixture to the egg mixture in two parts, alternating with the buttermilk mixture. Pour the batter into the prepared pan.

Bake for 20 minutes, then rotate the pan, and continue baking for another 20 minutes, until a tester inserted near the center of the cake comes out clean.

Cool the cake in the pan for 10 minutes. Unmold and allow the cake to cool completely on a wire rack.

TO MAKE THE LAVENDER SYRUP, combine the sugar, water, and lavender in a nonreactive pan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat. Steep for a minimum of 30 minutes. Strain and chill until needed.

TO MAKE THE FROZEN PARFAIT, whip the cream to soft peaks.

Sprinkle the gelatin over the cold water and stir to combine.

Combine the egg yolks, honey, and salt in a stainless steel bowl. Scrape the vanilla seeds into the mixture. Set the bowl over a pan of simmering water and cook over medium heat flame until the mixture has thickened and is lighter in color. Remove from the heat and let cool, stirring occasionally.

Melt the softened gelatin in a microwave at half power in five second intervals until completely liquid and whisk it into the still-warm yolk-honey mixture. Allow this parfait base to cool to room temperature.

Fold the whipped cream into the cream mixture before the gelatin sets. Start with a third of the cream to lighten the parfait base, then fold in the remaining whipped cream. Cover tightly and freeze overnight.

TO SERVE, slice the pound cake. Toss the berries with enough lavender syrup to coat. Spoon berries onto each plate. Top the berries with pound cake. Scoop the honey parfait and place on the plates. Garnish with sprigs of fresh lavender, if desired.



KIAWAH RESORT

CHOCOLATE KEY LIME CAKE

SERVES 12

CHOCOLATE SPONGE CAKE

6 large egg yolks
8 large whole eggs
1 2/3 cups sugar
1 cup all-purpose flour
1 cup unsweetened cocoa powder
8 large egg whites
2/3 cup sugar
Pinch of cream of tartar

KEY LIME MOUSSE

2 teaspoons unflavored gelatin
1 tablespoon cold water
2/3 cup whole milk
7 tablespoons Key lime juice
4 large egg yolks
1/3 cup sugar
3/4 cup heavy cream

RASPBERRY MOUSSE

2 teaspoons unflavored gelatin
1/2 cup raspberry puree.
4 large egg yolks
3 tablespoons sugar
3/4 cup heavy cream

COCOA SAUCE

1 cup cocoa
1 cup sugar
Pinch of salt
1 cup water

GARNISH

Fresh raspberries
Chocolate curls

Situated inside the Sanctuary Resort at Kiawah Island, the Ocean Room is an elegant restaurant with views of the South Carolina coastline. It's been awarded the Mobil 4 Star, the AAA 4 Diamond rating, and Wine Spectator's Award of Excellence.

Guests to the Ocean Room walk through wrought-iron gates designed by Savannah blacksmith John Boyd Smith, with Lowcountry motifs of egrets, sea grass and sea oats. There are two private dining rooms, one overlooking the greens and ocean, the other named the Wine Room, with a walnut floor and mahogany wine racks.

The cuisine draws inspiration from Spain, southern France, Italy and northern Africa. Pastry Chef Carrie Chapman, formerly of Woodlands Resort and Inn, draws on classical French training and a girlhood dream to be a chef. She made her first dessert—a bright pink birthday cake—at age six. Her grandmother made wedding cakes, and inspired her to pursue a career as a pastry chef.

The Ocean Room was named restaurant of the year by the Charleston Post and Courier.

Preheat the oven to 400° F. Coat two half-sheet pans with nonstick spray and line the pans with parchment paper.

TO MAKE THE CAKE, combine the egg yolks, whole eggs, and sugar in an electric mixer with a wire whip attachment. Beat at high speed until the batter falls in ribbons when the beaters are lifted.

Sift the flour and cocoa together and gradually fold into the egg mixture.

In a clean, dry bowl, beat the whites with a third of the sugar and the cream of tartar until foamy. Add the remaining sugar and beat until stiff peaks form. Fold the whites into the egg-flour mixture in three batches. Divide the batter between two prepared pans.

Bake the two half sheet pans on two separate racks that are located towards the middle of the oven. Bake the cakes for 10 minutes and then rotate them and bake 10 minutes more, or until the cake springs back to the touch.

Cool on wire racks. Once the cakes are cooled, gently remove the “skin” from the surface of the cake, by using a serrated knife. This will ensure that the mousse sticks to the cake.

TO MAKE THE KEY LIME MOUSSE, sprinkle the gelatin over the water in a small bowl to soften.

Combine the milk and key lime juice in a small saucepan and bring to a gentle boil. Combine the egg yolks and sugar in a small bowl and whisk until well combined. Pour a small amount of the hot milk mixture into the yolk mixture and stir well to temper the eggs. Immediately stir the egg yolk mixture into the saucepan and cook, constantly stirring, until the custard reaches 184° F on a thermometer. Stir in the gelatin and cook until the gelatin is completely dissolved. Remove the pan from



the heat and set in a bowl of ice. Stir occasionally and allow the custard to cool.

Whip the cream until soft peaks form. Once the custard is completely cooled, slowly fold in the cream.

TO MAKE THE RASPBERRY MOUSSE, sprinkle the gelatin over the water in a small bowl to soften. Puree one cup of fresh or frozen berries that have been thawed, with a tablespoon of sugar. Strain and discard the seeds.

Bring the raspberry puree to a gentle boil in a small saucepan. Combine the egg yolks and sugar in a small bowl and whisk until well combined. Pour a small amount of the hot raspberries into the yolk mixture and stir well to temper the eggs. Immediately stir the egg yolk mixture into the saucepan and cook, constantly stirring, until the custard reaches 184° F on a thermometer. Stir in the gelatin and cook until the gelatin is completely dissolved. Remove the pan from the heat and set in a bowl of ice water. Stir occasionally and allow the custard to cool.

Whip the cream until soft peaks form. Once the custard is completely cooled, slowly fold in the cream.

TO MAKE THE COCOA SAUCE, combine the cocoa, sugar, and salt in a small saucepan. Slowly stir in the water. Bring to a boil, decrease the heat, and simmer for a few minutes until it has thickened. Strain into a container and refrigerate.

TO ASSEMBLE THE CAKE, set out a half sheet pan and line with parchment paper. Set out a rectangular metal frame measuring 10 1/2-inches by 15 1/2-inches inside this sheet pan. Trim both layers of the chocolate sponge to fit snugly inside the frame.

Fit one cake layer inside the frame. Spread the Key lime mousse evenly on top of the chocolate sponge.

Give it a light rap on the table to remove excess air bubbles. Gently place the second trimmed layer of sponge on top of this. Spread the raspberry mousse on top of the second sponge. Again gently rap this on the counter to remove air bubbles. Place the cake in the freezer for 24 hours.

TO FINISH ASSEMBLING THE DESSERT, line a clean half sheet pan with parchment paper. Run a warm knife around the edge of the frame and remove. Cut the cake into 4-inch by 1 1/2-inch bars. Transfer these bars to a clean pan or platter so that you may arrange berries on the top surface. Garnish with fresh raspberries so that the entire top of the cake is covered.

TO SERVE, lay one bar that is already garnished diagonally across a plate. Place a drop of the cocoa sauce about the size of a quarter at the end closest to you and draw it away from you with the back of the spoon. Garnish the plate with a chocolate curl.