

# Moelleux au chocolat et poivre du Cameroun

## Canards au marc de Châteauneuf-du-Pape

*Creamy n' Dreamy Chocolate Cake  
with Cameroon Pepper,  
Sugar Lumps au Marc de Châteauneuf-du-Pape*

### [ingri:djənts]

**GANACHE**  
100 ml / 3.5 fl oz single cream  
1 cinnamon stick  
200 g / 7 oz dark chocolate  
1 Jamaica pepper  
a hint of Cameroon long pepper  
1 orange

**CAKE MIX**  
100 g / 3.5 oz butter  
100 g / 3.5 oz sugar  
100 g / 3.5 oz dark chocolate  
100 g / 3.5 oz flour  
4 egg yolks

**"CANARDS"**  
**ALCOHOL IMBIBED SUGAR**  
lumps  
12 sugar lumps  
marc of Châteauneuf-du-Pape,  
or Cognac

for 6 people

*In a mixing bowl, break the chocolate up into chunks.*

*Bring the cream to the boil with the cinnamon stick and pour over the chocolate.*

*Add the spices and a little grated orange peel.*

*Stir and leave to cool.*

*Shape into 6 balls of approximately 2 cm / 0.8 in. in diameter and place in the freezer for at least 6 hours to harden.*

*Melt the butter, sugar and chocolate in a bain-marie.*

*Remove from heat and add the flour and egg yolks.*

*Refrigerate for 2 hours.*

*Generously butter 6 ramequins of approximately 6 cm / ½ in. in diameter and fill with the cake mix to the three quarters. Insert a ball of ganache into the centre and bake for 10 minutes at 180°C / 355°F.*

*These last two operations must be left until the last minute so that the hot exterior contrasts with the cool, runny inside...*

*Serve with a glass of marc or Cognac in which to dip the sugar lumps.*

### [haɪpəθəʊsɪs]

**Hypothesis** 1. Antecedent of a conditional statement.  
2. Tentative explanation for a phenomenon.

*The French tradition of the "canard" is a delicate and didactic way of introducing beginners to distilled fruits: the sugar lump, merely dipped in the liqueur, captures its' aroma without being over-powered by alcohol. It is almost certain that it is to Papi Joseph that must go mankind's gratitude for this felicitous custom of allowing the young to share in the spirits served at the table.*

*At the close of a dominical luncheon, and with the regularity and devotion of a well-established rite, he would invite all the children to share a few drops of liquid liberty with the adults... May he taste them forever.*