

Ralph's Chocolate Napoleons with Avocado Filling, Cherry Compote and Mock Candied Bacon (Vegan - Plant Based Version)



This beautiful dessert is a twist on the dessert made by Ralph Ogilvie, the winner of Season 1 of The Healthy Canadian Cook-Off. Instead of whipping cream and mascarpone cheese, TV Host Tammy-Lynn worked with Ralph on hacking his dessert with some plant-based options, and the results were fantastic! His regular recipe is at the bottom of the page and worth trying if you aren't vegan.

Filling:

2 ripe avocados, purée until smooth & equivalent of 3 tbsp of sugar, syrup or stevia to taste

1/3 (100g) of a package of Japanese Firm Silken Tofu & 2 tbsp of sugar, syrup or sweetener, purée until smooth

2 tbsp cherry brandy

1 tsp vanilla extract

1 can coconut cream, & 3 tbsp of sugar, syrup or sweetener, leave in fridge at least 4 hours

Chocolate layers:

8 oz semisweet chocolate - use sugar-free or sweetened with Stevia
¼ cup spicy Caesar walnuts - crushed (we used Jewels Under The Kilt)
1/4 cup of smoked or bacon flavored coconut
1 tsp of coarse sea salt

Cherry Compote:

1 Can Organic Cherries in water, water removed
1 cup fresh orange juice
¼ cup sugar or birch syrup
1 cinnamon stick or 1/2 tsp of ground cinnamon
1 tsp vanilla paste (one vanilla bean)
2 tsp cornstarch, 2 tsp water mixed

Fresh mint sprigs

Directions:

Chocolate Layer

Melt chocolate over low heat and spread out on an inverted cookie sheet covered in foil. Spread very thin using a dough scraper, baker's spatula or back of a large knife.

Top with crushed walnuts, bacon coconut and coarse



sea salt. Place in refrigerator for 7-10 minutes, score lines with knife to make approximately 2.5" squares. Place in freezer until required.

Cherry Compote

1. Blend all ingredients reserving the cornstarch. Bring to a boil. Remove cherries and set aside. Let liquid boil and reduce for about 2 minutes. Slowly pour in 1/2 cornstarch mixture and stir for 30 seconds. If you feel it needs more to thicken sauce, add additional cornstarch mixture. Once thickness of sauce has been obtained, add cherries back in. Place in fridge to cool.

Filling

1. Puree your avocados & sweetener with an immersion blender until smooth. Place in fridge.
2. Place approximately 100g of Japanese Firm Silken Tofu in a bowl with sweetener and blend until smooth. Only takes a few seconds. Place in fridge.
3. Take your can of cold coconut cream out of fridge. Be sure not to move it around too much as you want the cream and water to stay separated. Carefully open the can. Remove cream from the water. Discard water. With a hand mixer, whip the cream in a cold bowl with cold mixing attachments for a couple of minutes until the cream resembles whipped cream. Add vanilla and sweetener. Add your avocado and silken tofu. Whip and place back in fridge for 15 minutes.



Plating

Carefully break chocolate into squares, place one square on plate and spoon cream filling onto chocolate square, place another chocolate square and spoon more filling onto chocolate square, top off with a third chocolate square. Spoon Cherry compote onto the top and place 2 cherries on the plate. Top with fresh mint sprig.

If you would like to use Ralph's candied bacon in place of the coconut, or his mascarpone/avocado cream here are the recipes:

Candied Bacon

Mix brown sugar, cayenne pepper and birch syrup, dredge bacon and place on a foil lined cookie sheet, bake at 375 for approx. 25-30 mins until brown. Set aside and let firm up.

Filling:

1 ripe avocado – pureed
8 oz mascarpone
1/3 cup granulated sugar
2 tbsp cherry brandy
1 tsp vanilla extract
1 cup chilled heavy whipping cream

Place pureed avocado, mascarpone, sugar, brandy and vanilla extract in a mixer until whip thoroughly blended. Add ½ cup cream and beat until firm, add another ½ cup cream and beat until stiff. Place in Fridge.