



KAMEN RECIPE

Salted Fig Caramel Trifle

Owner Sondra Bernstein quietly opened The Girl & the Fig in 1997 originally in Glen Ellen, California. Slowly, people began to discover her distinctive take on rustic French cuisine. In 2000, she relocated the restaurant into more upscale quarters on the northwest corner of the Plaza in Sonoma in the historic Sonoma Hotel. Over the past fourteen years, The Girl & the Fig has made its mark in Wine Country becoming a favorite for both locals and visitors. Her wine list is dedicated to featuring only Rhone varietals and we are honored to have our Syrah available to diners.



Sondra Bernstein
Chef/Owner of The Girl & the Fig

Serves 1

CHOCOLATE INGREDIENTS

- 12 ounces bittersweet chocolate, chopped
- 2 ounces milk chocolate, chopped
- 1 cup milk
- 12 medium egg yolks
- 2 ounces sugar
- 1 tablespoon vanilla extract
- 2 cups cream
- 1 cup mascarpone

MERINGUE INGREDIENTS

- 7 tablespoons blended oil
- 1 cup sugar
- 5 egg whites, room temperature
- ¼ teaspoon cream of tartar
- 1 jar Salted Fig Caramel Sauce (available at thegirlandthefig.com)
- 3 ounces Chocolate Cocoa Nibs (available in specialty markets)

CHOCOLATE DIRECTIONS

Combine milk and bittersweet chocolates in a double boiler and melt together. Heat the milk to a simmer. Whisk the egg yolks and sugar together until light and pale. Slowly whisk the heated milk into the egg mixture and strain. Stir the egg mixture into the melted chocolate. Heat the cream to a simmer and slowly whisk into the chocolate. Pour the chocolate into a double boiler and cook, stirring constantly until thickened. Remove and cool to room temperature. Add the mascarpone and whisk until smooth. Strain and chill.

MERINGUE DIRECTIONS

Place the sugar and ¼ cup of water in a pot over low heat and cook until the sugar has dissolved. Increase the heat and boil the sugar to 240°F. Use a mixer to whip the egg whites on low speed until they become foamy. Add the cream of tartar, increase speed and whisk until whites form soft peaks.

With the mixer at medium speed, carefully pour the hot sugar mix into the egg whites. Continue slowly until all the syrup has been poured in. Keep beating egg whites until they become stiff and glossy. Set aside and chill.

TO SERVE

Spoon a generous portion of the chocolate into a tall glass. Add a layer of the Salted Fig Caramel. Top with chilled meringue and, if desired, brown the meringue lightly with a culinary torch. Sprinkle the top with chocolate cocoa nibs.