

Bon Appétit!

by **Lee Hoiby**

with text by Julia Child, adapted by Mark Shulgasser
a musical monolog for mezzo-soprano and orchestra, 1989

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English text and Spanish translation

This is the rich buttery brown batter for *Le Gâteau au Chocolat l'Eminence Brune!*
*Ésta es la masa para *Le Gâteau au Chocolat l'Eminence Brune**

Today we're going to make chocolate cake.

Hoy haremos pastel de chocolate.

And it's a very special, very chocolaty bittersweet lovely cake.

Un pastel encantador, achocolatado y agridulce.

And for it you have to have melted chocolate, and melted chocolate you have to do very carefully, or it's going to turn grainy and hard.

Hay que derretir el chocolate con cuidado o se hará duro y grumoso.

Now, we want mocha flavoring.

Ahora, queremos sabor a moka.

So, start out with 2 teaspoons of instant espresso and 1/4 cup of hot water.

Son 2 cdtas. de espresso instantáneo y 1/4 tz. de agua caliente.

And then it's going to have 7 ounces of semi-sweet chocolate and 2 ounces of bitter chocolate. I like the combination.

Luego, 7 oz. de chocolate semidulce y 2 de amargo. Amo esta combinación.

And in they go... and off the heat... and you just stir it around... and then you cover it and go on about your business. Chocolate is much more complicated than any of us suspect.

¡Y pa'dentro!... se retira del fuego... se revuelve... se cubre y se deja ahí. El chocolate es algo complicado.

When you're going to do a cake, you really have to have a battle plan.

Hacer un pastel requiere un plan de batalla.

First, start the chocolate, then preheat the oven to 350 degrees and the rack is in the lower middle. Then get out all the ingredients, and all of your equipment so that you can just go right through the cake.

Primero el chocolate, después se precalienta el horno a 350 grados con la rejilla en la parte inferior. Se deben tener los ingredientes y el equipo a la mano.

You don't want to go out and play croquet in the middle, for instance.

No se salgan a jugar croquet a media receta.

And then, the next thing to do is to prepare the cake pan, and that means buttering it... thoroughly... and the waxed paper, too.

Se untan bien el molde y el papel encerado con mantequilla.

And then the flour ... and then turn the pan... thoroughly...

Lo espolvoreamos bien con harina... y lo agitamos.

And knockout the flour on the floor... If you have a self-cleaning kitchen like mine... and this is so the cake won't stick.

Tiren la harina al piso... así el pastel no se les pegará.

When the cake is done, it would be nice to be able to get it out of the pan.

Es bueno poder sacarlo del molde fácilmente.

Now, this is a two-pan cake, and it's a very delicate cake.

Éste es un pastel de dos tortas y es muy delicado.

And like most cakes, it has eggs in it... separated eggs...

Y al igual que casi todos, lleva huevos... separados...

And that makes it a sponge cake, or what the French call a "beeskwee" or bisquit.

Y esto lo convierte en un bizcocho, o en francés, un *biscuit*.

And these are United States grade A large eggs, and you put the yolks into the yolk bowl, and the whites into the white bowl. Because if you have any yolk in the white, you'll find the eggs won't mount up.

Deben usar huevos grandes y separar las yemas, de lo contrario no se levantará el huevo.

Now, we have 4 egg yolks here, and I'm going to gradually beat in 2/3 cup of this instant superfine sugar...

Aquí tengo 4 yemas y les incorporaremos 2/3 tz. de azúcar superfina...

... till they are thick and lemon-colored and they make the ribbon.

... se bate hasta que espese a punto de cinta.

See there...

Así...

how it gradually begins to thicken and lemon-colored.

Veán cómo se espesa y se torna color limón.

Now, let's take a look...

Ahora, veamos...

There! The thick, dissolving ribbon! Now, the chocolate... should... in all conscience be melted... and it is!

¡Listo! Cae en forma de cinta. El chocolate ya debe estar derretido... ¡y sí!

What now is going to be in this chocolate is 1 stick of the best butter, and I can beat the whole business in, because it's nice and soft.

Ahora, se debe usar una barra de la mejor mantequilla, pero suave para poderla batir.

I've got a little pan for the drippies ...

Tengo un recipiente para no ensuciar...

Now just look at this lovely, silky, soft, beautiful sheen.

Veán qué suave y sedoso.

And that's just the way melted chocolate should be.

Y así se derrite el chocolate.

And if you're very careful about the melting of it, you're never going to have any trouble because you're never overheating it, and that's what's dangerous to do.

Si no lo sobrecalientan, no debe de haber ningún problema.

And now the chocolate goes into the egg yolks.

Ahora, se vierte el chocolate en las yemas.

Well!

¡Bien!

And if it's hot, pour it in gradually.

Y si está caliente, se vierte poco a poco.

It's good enough to eat just as it is.

Hasta se puede comer así.

And stir it all around.

Mezclamos bien.

Soft and smooth...

Suave y sedosa...

You don't want the batter to harden up.

No queremos que la masa se endurezca.

Now we're ready to beat our egg whites,

Ahora, a batir nuestras claras de huevo.

so be sure and order an extra set of blades.

Asegúrense de tener un juego de espas adicional.

Otherwise at this point you'd have to wash and dry the beaters.

De lo contrario, tendrán que lavar y secarlas bien.

Frankly, I find that you can beat the eggs just as efficiently with a hand beater as with... anything!

El huevo se puede batir bien con cualquier cosa.

So today I'm going to have some fun.

Así que hoy me divertiré un poco.

I'm going to have a race between the unlined copper bowl and the machine.

Competiremos mi bol de cobre y yo contra la máquina.

I've got 4 egg whites here and 4 egg whites here, and we're going to see who wins.

Tengo 4 claras aquí y 4 acá. Veamos quién gana.

And I think maybe I'll win...

Creo que ganaré yo...

because I'm bigger.

porque soy más grande.

But I don't know.

Pero no lo sé.

You want to start rather slowly at first, until they foam up.

Primero, batimos lentamente hasta que se forme espuma.

Whites take a bit of time.

Esto toma un poco de tiempo.

They've started foaming.

Ya se está formando espuma.

Now add 1/4 teaspoon cream of tartar, every good kitchen should have cream of tartar.

Ahora agregamos 1/4 ctda. de crémor tártaro. Toda buena cocina debe tenerlo.

Because you want them to mount seven times their original volume.

Se debe levantar siete veces el volumen original.

Smooth and silky...

Suave y sedoso...

And set it at a moderate speed.

Lo ponemos en velocidad moderada.

Now I'm going to start in on the copper bowl, with a pinch of salt...

Ahora voy yo al bol de cobre, con una pizca de sal...

You want the biggest whip in the smallest bowl.

Se usa el batidor más grande para el tazón más pequeño.

Round and round and round...

Batimos y batimos...

They'll mount faster at room temperature.

Se levantan más rápido a temperatura ambiente.

And if you're in good physical trim, it shouldn't take more than a couple of minutes to beat up your egg whites.

Y si están en forma, no debería llevarles más de un par de minutos.

Now let's see how our machine is doing.

Ahora veamos cómo va la máquina.

There are the soft peaks...

Se forman picos suaves...

see...

¿ven?...

so now we'll put in a little bit of sugar...

Ahora le pondré un poco de azúcar...

and turn it up on high...

y lo batimos en alto...

And back to the copper bowl.

Y de vuelta al bol de cobre.

Beat them 'til they make stiff peaks.

Batimos hasta que se formen picos firmes.

They're almost ready...

Está casi listo...

Not quite...

No, aún no...

It's holding in the whip...

No se cae del batidor...

We're almost there...

Falta poco...

Cooking's just a series of the same old thing; sometimes there's chocolate and sometimes there's fish in it; but the principles are the same.

Para cocinar se usan las mismas técnicas, solo que a veces lleva chocolate y otras pescado.

That's it!

¡Ya está!

See the little peaks that stand up by themselves?

¿Ven los picos que se forman?

Or you can turn it upside down and they stay in the bowl.

O si volteamos el bol, no se debe de caer.

And our machine has probably done exactly the same thing.

Y la máquina probablemente hizo lo mismo.

Yup...

Sí...

See?

¿Ven?

I don't know who won, but the egg whites in the copper bowl will keep this lovely, velvety texture, but the ones in the glass bowl will soon turn granular and lose that lovely sheen.

No sé quién ganó, pero las claras del bol de cobre mantendrán su hermosa textura aterciopelada y las de la máquina no.

So, if you do them in the machine, you must use them right away.

Así que si lo hacen a máquina, deben usarlas de inmediato.

Now ready to assemble the rest of the batter.

Ya listos para preparar el resto de la masa.

And rather than flour, this cake is going to have cornstarch in it because chocolate is heavy, and we want a very light, delicate cake...

Este pastel lleva fécula de maíz para que salga ligero, porque el chocolate es pesado.

Almost like a soufflé.

Casi como un soufflé.

So, 3/4 cup of cornstarch, and you sift it right into the cup.

Entonces, tamizamos 3/4 tz. de fécula de maíz.

And then sift about 1/4 of it into the batter ...

Y echamos 1/4 de ésta en la masa...

...stir that in.

...revolvemos.

Now, particularly in chocolate cakes, you want to be very sure that your batter is...

Ahora, para los pasteles de chocolate, se debe tener una masa...

...fairly liquid...

...bastante líquida...

Or you might have to beat it up again.

O habrá que batirla de nuevo...

And take a third of your egg whites and stir them right in to lighten up the batter.

Se le vierte un tercio de las claras y se bate para aligerar la masa.

And then a little more cornstarch...

Después un poco más de fécula...

then put the rest of the egg whites on top.

luego se ponen el resto de las claras.

And we're going to alternate folding egg whites and cornstarch...

Y así hay que ir alternando entre claras y fécula...

Not as neat as it could be...

No es tan limpio esto...

Now, here is your spatula, and you go down into the mixture ...

Ahora, se toma la espátula y se sumerge en la mezcla...

and up and over...

se voltea la mezcla...

bringing a little chocolate over the egg whites... very important part...

poniendo poco chocolate encima de las claras... es muy importante...

a scooping motion...

como con una pala...

rather fast...

y rápido...

Up and over...

se levanta y se voltea...

The whole mixing business shouldn't take more than a couple of minutes.

Mezclar esto no debería llevar más de un par de minutos.

Now, ready into the cake pans!

¡Ahora, directo a los moldes!

Half in each.

La mitad en cada uno.

Do it eyeball to eyeball, or whatever they say.

Al tanteo, o como se diga.

Push it out to the sides so it won't hump up...

Se empuja hacia los lados para que no se abulte...

Barely half full...

Apenas medio lleno...

And a little bit left for the cook who would like to lick the pan!

Dejen algo por si al cocinero le gusta lamer el recipiente.

And then: Bang! Bang!

Y ahora: Bang! Bang!

Drop 'em on the counter just to settle everything.

Los dejamos caer para que se asiente todo.

And then right into the oven, diagonally for air circulation for 15, 16, 18 minutes...

Después directamente al horno, en diagonal, durante 15, 16, 18 minutos...

And I want you to see...

Y quiero que vean...

(I hope these are gonna be just right)

(Espero que estos hayan salido bien)

...how they look when done.

... cómo se ven cuando ya están listos.

I shall put it back again.

Lo meteré de nuevo.

Let's look at this one.

Veamos éste.

The French chocolate cake is always ... fairly moist.

El pastel de chocolate francés es algo húmedo.

It shakes a little in the pan.

Tiembla un poco en el molde.

Take a toothpick or something and...

Cojan un palillo o algo y ...

It should almost be set at the sides.

Ya debería estar firme a los lados.

That's not quite set.

Éste aún no está.

So, these need another two or three minutes.

Necesitan otros dos o tres minutos.

Watch them very carefully at this point.

Hay que ponerles mucha atención.

They'll puff up, then they sink down.

Se inflarán y luego se hundirán.

They're probably done.

Creo que ya están.

Now, this is a very delicate cake, so you will unmold them right on the cake stand.

Ahora, éste es muy delicado y debe desmoldarse directamente sobre la base.

You may want to chill them a bit before unmolding, and then we'll have a chocolate and butter icing.

Lo dejamos enfriar y usaremos un glaseado de chocolate y mantequilla.

And this is exactly the same chocolate mixture that we had before.

Ésta es la misma mezcla de chocolate que ya teníamos.

Now we have the top layer...

Tenemos ya la capa superior...

we hope...

Esperemos que sí...

Better too much than too little ...

Mejor bastante que muy poco...

nicely and evenly...

bonito y uniforme...

And it goes around carefully...

Y alrededor con cuidado...

This could really be quite a mess...

Esto puede volverse un desastre...

Smooth off that top.

Emparejamos la parte superior.

And in she goes.

¡Y pa'dentro!

We're just having a cake party today, and I'm going to serve you some.

Hoy tendremos una fiesta de pasteles. Les serviré un poco.

Let's see how that looks.

Veamos cómo se ve.

See that lovely soft texture...

Ven la hermosa textura suave...

Almost like a soufflé...

Casi como un *soufflé*...

And it's nicer than a soufflé, because it doesn't fall.

Pero éste es más bonito porque no se desmorona.

And you can serve it with whipped cream if you want to go the whole way, and it's nice with coffee.

Se le puede poner crema batida y servir con café.

So, this is really a wonderfully chocolaty and amazingly light soufflé-like cake that doesn't fall ...

Éste es un pastel maravillosamente achocolatado y ligero que no se desmorona...

le Gâteau au chocolate l'Eminence Brune...

Really one of the best chocolate cakes I know.

Uno de los mejores pasteles de chocolate.

And that's all for today.

Y eso es todo por hoy.

Bon appétit!

Spanish translations by Antonio Motta