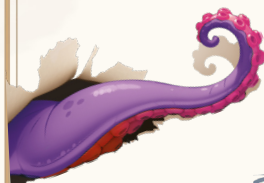


Monstrolicious



10 Monstroluscious Desserts!

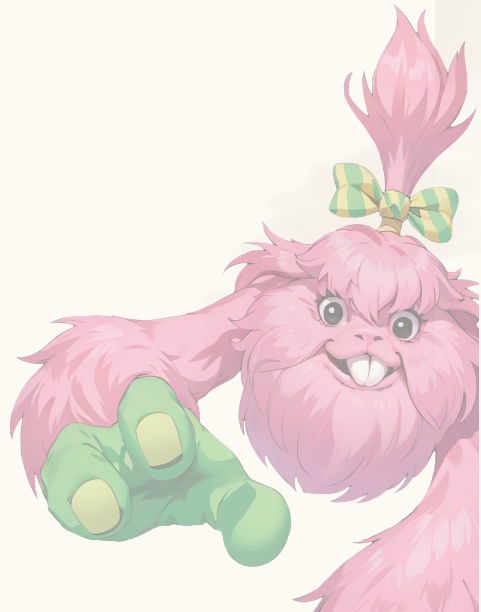




PLAY
~~Eat, move!~~

For your health, eat 5 fruits
and ~~vegetables~~ a day!

DESSERTS





THE BUFFET IS OPEN! AND THE MONSTERS ARE HUNGRY!

Valériane Gréban, finalist of Le Meilleur Pâtissier in France, has made for us the desserts of Monstricious.

Her recipes are generous, accessible, and delicious. They invite sharing and indulgence. The whole principle of the game by Richard Garfield, a subtle blend of risk-taking, sugar, and delicious strategies!



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1

CRUNCHY-MELTY COOKIES!

Ingredients for 20 cookies:

- 120 g of brown sugar or unrefined cane sugar
- 120 g of white sugar
- 175 g of butter
- 1 egg
- 300 g of flour
- 6 g of baking powder
- 200 g of milk chocolate
- 200 g of dark chocolate



Preparation:

1. Chop the chocolate leaving large chunks.
2. Mix the sugar, flour, and baking powder with a mixer. Then add softened butter and the egg.
3. Add the chocolate to the mixture and mix.
4. Form a roll with the dough, wrap it and place in the refrigerator for 30 minutes.
5. Preheat the oven to 170 °C.
6. Cut the roll into 3 cm slices. Place on a baking sheet and bake for 10 minutes.
7. Let cool and enjoy!



MONSTROMINOUS DONUTS!

Ingredients for 6 donuts:

- 30 g of butter
- 80 g of milk
- 250 g of flour
- 1 egg
- 15 g of baker's yeast
- 1 tsp of liquid vanilla extract
- 60 g of sugar
- Salt
- 1 egg white
- 100 g of icing sugar



Preparation:

1. Melt the butter in the milk. Remove from heat and pour into a bowl.
2. Add vanilla, sugar, egg, a pinch of salt, and yeast. Mix with a whisk.
3. Gradually add the flour while whisking until you get a smooth dough.
4. Let rest for 1 hour 30 minutes.
5. Punch down the dough then roll it out to 1 cm thickness.
6. Cut out circles in the dough then make a hole in the middle.
7. Let rest for 30 minutes.
8. Fry the donuts for about 2 minutes.
9. Mix the egg white with the icing sugar and glaze the cooled donuts with a brush.

Tip: You can color your glaze, add edible glitter, or candies to create eyes on your donuts. alimentaires ou des pastilles pour créer des yeux à vos donuts.



PLUMP PANCAKES

Ingredients for 6 people:

- 2 eggs
- 35 cl of milk
- 50 g of sugar
- 50 g of semi-salted butter
- 300 g of flour
- 2 packets of baking powder
- Neutral oil (sunflower)



Preparation:

1. Mix the flour, baking powder, and sugar in a large bowl. Melt the butter in slightly warmed milk and pour over the mixture.
2. Lightly beat the eggs and add to the preparation while whisking. Let rest for 30 minutes at room temperature.
3. Heat a large pan, brush it with oil, and pour a small ladle of batter for each pancake. Cook for 1 minute and flip when small bubbles form. Allow the second side to brown.

Serve the pancakes hot, buttered, drizzled with maple syrup or jam, and sprinkled with blueberries.

Tip: For a «cloud» variant, separate the egg whites from the yolks. At step 2, incorporate the yolks then fold in the stiffly beaten egg whites. You will get lighter pancakes!



4

MOJITO JELLY

Ingredients for 6 people:

- 6 sheets of gelatin
- 6 organic limes
- 4 organic yellow lemons
- Mint leaves
- 150 g of cane sugar

You can make the jelly with traditional English preparations (Jelly Chivers, Jell-O, Hartley's) or prepare it yourself.



Preparation:

1. Soak the gelatin for 10 minutes in cold water.
2. Using a vegetable peeler, peel 6 strips of zest from the lime and lemon.
3. Squeeze the fruits to obtain 150 ml of each juice.
4. Put the zests and mint leaves in a pan with 400 ml of water and sugar. Bring to a simmer over medium heat, stirring occasionally until the sugar is dissolved. Remove from heat and discard the zests and leaves.
5. Squeeze the water out of the gelatin and mix into the pan until dissolved. Incorporate the juice into the mixture in the pan. Strain the jelly through a fine sieve into a jug then pour into a cake mold. Refrigerate for at least 4 hours before serving.

Tip: You can incorporate fruits into your jelly, serve it alone, or use it on a panna cotta or a tart!

5

MOJITO LIME ENTREMET

Ingredients for 6 people:

- 60 g of butter
- 100 g of shortbread cookies
- 150 ml of lime juice
- 30 g of rum
- 80 g of sugar
- 300 g of whole fresh cream
- Fresh mint leaves
- 4 sheets of gelatin
- An entremet mold

IF YOU DON'T LIKE JELLY, HERE'S AN ALTERNATIVE LIME DESSERT!



Preparation:

1. Crush the shortbread cookies. Add softened butter, mix, and distribute at the bottom of the mold without going towards the edge. Freeze for 2 hours. Carefully unmold. Clean the mold.
2. Squeeze the lime juice and filter it.
3. Soak the gelatin in cold water. Finely chop the mint leaves, add a zest of lime, add the lime juice, and heat with sugar. Infuse for 2 minutes then add the gelatin leaves. Filter the mixture. Add rum. Allow the mass to cool.
4. Whip the cream into Chantilly. Incorporate it into the mixture.
5. Pour the mixture into the mold. When it is filled, add the biscuit plate. Then place the entremet in the freezer for 10 hours.





MIRROR GLAZE:

Ingredients:

- 60 g of water
- 75 g of sugar
- 75 g of liquid glucose
- 50 g of sweetened condensed milk
- 5 g of gelatin
- 75 g of white chocolate pistoles
- Green food coloring



Préparation :

1. Rehydrate the gelatin in cold water.
2. Heat water, sugar, and glucose to 103 °C.
3. Off the heat, add the condensed milk, squeezed gelatin, and melted white chocolate.
4. Blend with an immersion blender.
5. Color as desired.
6. Cool the glaze to 35 °C.
7. Pour over the frozen entremet.



6

RASPBERRY TART THAT EVERYONE'S CRAZY ABOUT

For a tart for 6 people

SWEET ALMOND DOUGH

Ingredients:

- 60 g of softened butter
- 50 g of icing sugar
- 15 g of almond powder
- A pinch of salt
- 28 g of beaten egg (1/2)
- 125 g of flour



Preparation:

1. Mix the softened butter and icing sugar.
2. Add the almond powder and a pinch of salt.
3. Incorporate the beaten egg.
4. Add the flour and mix (minimally).
5. Roll out the dough to 2-3 mm thick between two sheets of baking paper and refrigerate for 1 hour.
6. Line the greased tart ring.
7. Freeze for 30 minutes before baking to prevent the edges from falling during baking.
8. Bake at 160 °C for 15 minutes.



ALMOND CREAM

Ingredients:

- 50 g of cane sugar
- 50 g of softened butter
- 50 g of almond powder
- 1 egg

Preparation:

1. Mix the butter with the sugar and almond powder using a spatula.
2. Add the egg.
3. Chill for 30 minutes in the fridge before spreading on the pre-baked tart base and bake again for 20 minutes at 160 °C.

RASPBERRY JAM

Ingredients:

- 100 g of raspberry puree
- 15 g of acacia honey
- 5 g of sugar
- 2 g of pectin
- Zest of ½ lime

Preparation:

1. Heat the raspberry puree with the honey in a saucepan.
2. When it starts to smoke, sprinkle in the sugar mixed with the pectin and boil for 15 seconds.
3. Remove from heat and add the lime zest. Let cool for 30 minutes in the refrigerator before spreading on the baked almond cream.

WHIPPED ALMOND MILK GANACHE

Ingredients:

- 110 g of cream +
110 g of cream
- 12 g of gelatin mass
- 50 g of white chocolate
- 25 g of almond milk
(or orgeat syrup)
- Raspberries

Preparation:

1. Heat the first measurement of cream, remove from heat, and add the gelatin mass.
2. Pour in 3 times over the melted chocolate to make an emulsion.
3. Add the second measurement of cream and almond milk then blend.
4. Cover with cling film and refrigerate for 12 hours.
5. Whisk (not too much) and spread over the raspberry jam. Decorate with raspberries.

7

THE BEST ICE CREAM IN THE WORLD

Ingredients:

- 80 g of egg yolks
- 1 vanilla pod
- 20 + 80g of sugar
- 400 g of whole milk
- 200 g of cream
- 40 g of glucose
- 2.5 g of stabilizer (optional)
- 3 bars of dark chocolate



Preparation:

1. Infuse the vanilla in the milk and cream heated for 20 minutes.
2. Whisk the egg yolks with 80g sugar.
3. Heat the milk, cream, and glucose. Mix 20 g of sugar with the stabilizer and add to the preparation.
4. Pour some of the hot preparation over the egg yolks and whisk.
5. Pour everything back into the pan and heat while mixing until 84°C.
6. Remove from heat. (If you exceed 84°C, your eggs will have curdled, and you will need to blend your preparation to make it smooth.)
7. Pour the preparation into a large dish, cover with cling film in contact, and let cool for at least 6 hours in the refrigerator.
8. Pour the cold mixture into the ice cream maker/sorbet maker.
9. When the ice cream starts to set, add the chocolate shavings and continue to run the machine.

CHOCOLATE FONDUE FOR CHOCOLATE LOVERS

Ingredients:

- Fresh fruits (bananas, pears, tangerines, strawberries...)
- Dried fruits (raisins, dates, hazelnuts...)
- Lemon juice
- Marshmallows, biscuits...
- 300 g of dark chocolate (or 150 g of dark chocolate and 150 g of milk chocolate)
- 25 cl of fresh cream
- 75 g of butter
- 2 tbsp of milk
- 1 tsp of vanilla extract
- Optional: a pinch of cinnamon or a little dark rum.



Preparation:

1. Peel the fresh fruits and drizzle them with lemon juice. Arrange the fruits, biscuits, candies, etc., in small serving dishes.
2. Break the chocolate into pieces, place it in a saucepan, and melt it in a double boiler with the milk.
3. When the chocolate has softened, add the cream, smoothing the mixture with a whisk.
4. Incorporate the butter in pieces as well as the vanilla (and optionally the cinnamon and rum).
5. Serve immediately: bring the saucepan to the center of the table on a warmer, surrounded by the ingredients. Each person dips a piece of fruit or other items into the chocolate on their fork.



CHOCOLATE PROFITEROLE MOUNTAIN

CHOUX PASTRY (FOR 12 PIECES)

Ingredients:

- 62 g of milk
- 62 g of water
- 55 g of butter
- A pinch of salt
- 75 g of sugar
- 75 g of flour
- 2 eggs



Preparation:

1. Heat the milk, water, butter (in pieces), salt, and sugar in a saucepan.
2. Once the butter has melted, remove from the heat and add the flour all at once. Mix well off the heat.
3. Cook over medium heat to dry out the dough.
4. Transfer to a mixer bowl with a paddle attachment and mix (or use a wooden spoon if you don't have a mixer). Gradually add the beaten eggs, mixing well between each addition. The choux dough is ready when you can draw a deep line with your finger and it closes slowly.
5. Place the dough in a piping bag with a smooth nozzle of +/- 18 mm and pipe out the choux on a baking sheet.
6. Bake at 180 °C for 20 minutes, then lower the temperature to 160 °C for another 10 minutes. Be careful not to open the oven door during baking!





VANILLA DIPLOMAT CREAM FOR FILLING

Ingredients:

- 440 g of whole milk
- 1 vanilla pod
- 75 g of sugar
- 5 egg yolks
- 75 g of cornstarch
- 2 sheets of gelatin
- 30 g of cold butter
- 150 g of cream to whip



Preparation:

1. Soak the gelatin.
2. Heat the milk with the split and scraped vanilla pod.
3. Whisk the yolks with the sugar. Add the cornstarch.
4. When the milk is hot, pour it over the yolk mixture, then return to the heat, bring to boil, and cook for 1 more minute while whisking.
5. Remove from heat, add the soaked gelatin, then the cold butter. Pour into a dish, cover with cling film in contact, and refrigerate for at least 1 hour.
6. Whip the cream (not too much!).
7. Mix 1/3 of the whipped cream into the pastry cream with a whisk, and gently fold in the remaining 2/3 with a spatula. Pipe into the cooled choux.

CHOCOLATE SAUCE

Ingredients:

- 150 g of baking dark chocolate, in pieces
- 150 g of liquid cream

Preparation:

1. Heat the cream in a saucepan (do not boil).
2. Pour over the chopped chocolate.
3. Smooth with a whisk and pour over the cream-filled profiteroles.



THE HUGE, HUGE, HUGE CAKE!

Ingredients for 6 people:

SOFT CHOCOLATE SPONGE

Ingredients:

- 3 egg whites
- 150 g of sugar
- 100 g of egg yolks
- 20 g of flour
- 3 g of baking powder
- 20 g of cornstarch
- 50 g of dark chocolate
- 25 g of butter



Preparation:

1. Whip the egg whites, gradually adding the sugar when they become frothy.
2. Fold in the egg yolks with a spatula.
3. Then fold in the sifted flour, baking powder, and cornstarch.
4. Mix in the melted dark chocolate, and finally, the melted butter. Mix gently before spreading on a greased sponge mat.
5. Bake at 180 °C for 10 minutes.
6. Prepare this mixture twice to cut 3 disks of 16 cm diameter from each sponge. (1 disk per sheet will be formed with 2 halves).



MILK CHOCOLATE WHIPPED GANACHE

Ingredients:

- 15 sheets of gelatin
- 220 g + 220 g of cream (for whipping)
- 110 g of milk chocolate

Preparation:

1. Soak the gelatin sheets in cold water. Chop the milk chocolate.
2. Heat the first measure of cream. Remove from heat. Add the soaked gelatin, pour over the milk chocolate, and mix.
3. Add the second measure of cold cream and blend.
4. Cover with cling film and refrigerate for at least 12 hours before whipping into a Chantilly.



ASSEMBLY

1. Cut out 6 disks of 16 cm diameter from your chocolate cake (you can use two halves to make a circle if you run out of space on your tray). You can vary the sizes if you want layers.
2. Whip the ganache.
3. Place the first disk on your plate, cover with whipped ganache, and continue with all the sponge disks.
4. Cover the whole cake with whipped ganache and freeze for at least an hour.
5. Glaze with colored melted chocolate or decorate with meringues and candies!

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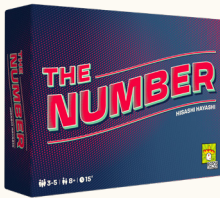
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