


[Close Window](#)
[Print This Page](#)

RICHARD FRISBIE :: Double Mascarpone & Cocoa Cheesecake

November 25, 2009 01:22 PM EST

© 2009 by [Richard Frisbie](#)

Tags: [national](#), [entertainment](#), [cheesecake](#), [richard frisbie](#)

Double Mascarpone & Cocoa Cheesecake

The to-die-for recipe just got better! Some of you may remember the Cheesecake in almond tart crust recipe I posted a while back – if not – it is here:

[RICHARD FRISBIE - Cheese Cake "To Die For!"](#)

I used that cheesecake recipe in a new chocolate crust for this year's outstanding Holiday dessert.

From [Chocolate Bliss](#)

Chocolate Bliss written by Susie Norris

Subtitled: Sensuous recipes, spa treatments, and other divine indulgences.

ISBN #978-1-58761-347-0 \$16.99 Hardcover

Chocolate Sugar Dough is a basic building-block recipe to be used as a base for cakes, tarts, and cookies. (makes approx 2 lbs dough)

- 1 ½ cup sifted cake flour (regular flour can be substituted, with some lack of texture, by removing 2 TBS of flour for each cup of flour called for. In this case less 3 TBS regular flour.
- ¾ cup unsweetened cocoa powder
- ½ tsp kosher salt
- ¾ cup cold unsalted butter
- 1 cup sugar
- 1 large egg
- 1 TBS rum (I used Myer's)
- 1 TBS brewed espresso or coffee
- 1 tsp vanilla extract

The author carefully described how to gently combine all the ingredients to achieve the best texture. Since my goal was crumbs, I skipped down to where she said:” if you are in a rush, toss all the ingredients in the food processor and pulse a few times until you get a smooth dough.” I did that!

Then I shaped the dough into a ball, divided it in half, and put each half in a plastic bag, (one went into the freezer for another day!) before moving to the next recipe.

Cocoa Nib Crust

- 1 pound Chocolate Sugar Dough
- ½ cup cocoa nibs
- ½ cup almonds

Here, I just used the ingredients, but not the instructions that go with the tart part of the recipe. Pulse the almonds and cocoa nibs in the food processor until chopped. Pour the crumbs into the plastic bag of dough and work it in to mix thoroughly. Refrigerate.

Preheat oven to 350. Roll small spoonfuls of chilled dough into balls with your hands. Flatten and place on a greased cookie sheet. Cook 12 minutes. They'll melt down and maybe join – you don't care. Cool. I did that on Sunday night – left them right on the cookie sheet in a cool kitchen until the morning.

My resident taster told me *“if you write that recipe down you could make a million dollars selling those cookies.”*

They were an odd gray color, not pretty, but dynamite tasting, for sure!

On Monday I broke up most of the cookies and pulsed them in the food processor to crumbs. Then I proceeded with the almond tart recipe replacing the almond cookie crumbs with the cocoa ones. Simple and easy. I'll dribble a bitter chocolate over the whole thing Thanksgiving morning, then pack my cheesecake for the trip to a first ever Thanksgiving dinner at my niece's new house. Family, yours or someone else's, is the primary ingredient in any Thanksgiving recipe. The rest of the ingredients you can alter to suit your tastes!

FOOD BITES :: Best Tasting Gravy & Stuffing

Happy Thanksgiving, everyone!

Richard Frisbie, FOOD Correspondent:

RICHARD FRISBIE is published twice a month to Gather Essentials: Food. It is a food junkie's take on growing, raising, preparing and - above all else - eating food. Together we'll explore the trends, addictions, equipment and regional specialties that make up the sometimes mundane and sometimes sublime cooking and dining experience. You can keep up with my other postings and Gather activity by joining my Gather network -- I look forward to hearing from you.

You can read all of my articles <http://rfrisbie.gather.com/> or find them with those of the other Food Correspondents, plus celebrity chef content and plenty of other Foodies at <http://foodtalk.gather.com>

DISCLAIMER - Richard Frisbie accepts free copies of books for review, restaurant meals to critique, bottles of wine and liquor for tastings, and all-expense-paid trips in exchange for articles about the destinations. He is paid for these articles.

BIO - Richard Frisbie writes culinary travel articles, is a columnist for his local newspapers, and is a regular contributor to the many Hudson Valley, Catskill Mountain and other regional New York publications. Online, he writes frequent articles for EDGE Publications, GoNomad and Travel Lady, as well as Gather.



JOIN MY GROUPS:

Everything About New York State <http://aboutnewyork.gather.com/>
Travel/Food/Wine BOOK Reviews <http://tfwbookreviews.gather.com/>

Food Videos Forum <http://foodvideos.gather.com/>

Join to see some of the kitchens and techniques you read about here at Gather

BLOG - <http://www.bloglines.com/blog/rfrisbie>

Where some of my Gather work and other things, primarily about New York State, appears.

BOOKSTORE - Specializing in New York State books since 1959 <http://www.hopefarm.com>

Comments: 38

[Madame Donna C.](#) Nov 25, 2009, 2:20pm EST

Excellent, Richard! It's hits all the right notes! Happy Thanksgiving!

[Richard Frisbie](#) Nov 25, 2009, 2:25pm EST

I tasted the broken cookie crumbs, but probably won't taste the cheesecake. Sorry to replace your almond tart recipe this year. Next year I'll make both!
Happy Thanksgiving Madame.

[Madame Donna C.](#) Nov 27, 2009, 1:08am EST

Ah, Richard, one of my goals for the future is to move around the globe having meals and holidays with my friends. You are certainly on that list and I'm hoping to do it either next year or the following year. A simple meal is my goal but I'll take appetizers just to be able to go from one food friend to the next...

[Richard Frisbie](#) Nov 27, 2009, 10:38am EST

I like the sound of that, and look forward to the time.

[Aniko](#) Nov 26, 2009, 10:59pm EST

Adding chocolatiness to anything is a good idea.

[Richard Frisbie](#) Nov 27, 2009, 10:39am EST

The chocolate seemed to be a hit. Thanks Aniko.

[Dorine H.](#) Nov 27, 2009, 1:01am EST

Ooooooh! Just reading this put 10 lbs. on me! This sounds awesome!

[Richard Frisbie](#) Nov 27, 2009, 10:42am EST

I licked my finger as I cleaned the spring-form pan, that was it. I left a half cheesecake behind on the dinner table last night. I only made it for my family. They raved about.

[Mariana T.](#) Nov 27, 2009, 1:19pm EST

Dorine, I've missed you - how are you? Salud

[Mariana T.](#) Nov 27, 2009, 1:18pm EST

This sounds absolutely fabulous - send me any left-overs, please...I think that cookbook Chocolate Bliss must be a really good one! Salud

[Richard Frisbie](#) Nov 27, 2009, 1:43pm EST

This one was more than just "to-die-for" This one's fat and sugar content would kill you! (and I did enjoy reading Chocolate Bliss - it was more than a cookbook!)

[Sonia M.](#) Nov 28, 2009, 4:52pm EST

I KNEW I should not have gone looking for this...I just KNEW IT!

[Richard Frisbie](#) Nov 28, 2009, 5:47pm EST

that recipe makes great cookies, too!

[Sonia M.](#) Nov 28, 2009, 6:27pm EST

Oh, lordie..... YA, No Mas....I give...Uncle.....!

[Sonia M.](#) Nov 28, 2009, 6:29pm EST

The problem: I just started with the doctor and tests round for my yearly physical last weel.

The recommendation: to cut down on fats, carbs and empty sweets to help bring my cholesterol level more in balance

Further advice: To exercise....

Yeah, right. All this just before the holidays!

[Richard Frisbie](#) Nov 28, 2009, 8:43pm EST

My tri's were in the 800s (!!) my cholesterol was in the high 200s - we all deal with these problems. They told me to have another test WHILE FASTING (caps courtesy of my Doctor) I was FASTING (my caps- no courtesy) - emphasis lost on harried, flu beleageued front desk.

Eat
Excercise
Excercise again

Good luck!

[Sonia M.](#) Nov 28, 2009, 9:53pm EST

No, my tri's are ok, within mornal range and everything is also ok.... my problem is the bad cholesterol is a bit higher than normal...and I need to make the good one come up....

Yep...
Exercise + watch what I eat = no fun during the holidays...

[Connie C.](#) Nov 30, 2009, 11:09am EST

This post is spotlighted in the Monday edition of Today On Gather.

[You can view it here.](#)

Congratulations!

[Richard Frisbie](#) Nov 30, 2009, 3:35pm EST

Wow - that's really nice to hear - Thanks!

[Holly K.](#) Nov 30, 2009, 3:15pm EST

Oh my, this sounds wonderful!!

[Richard Frisbie](#) Nov 30, 2009, 3:19pm EST

Everyone RAVED about it! The crust was unbelievable!

[Elizabeth R.](#) Nov 30, 2009, 3:29pm EST

Sounds delicious, Richard. I must try this one.

[Richard Frisbie](#) Nov 30, 2009, 3:35pm EST

It really was good, no - GREAT! The best part is the Chocolate dough recipe is a double recipe, so I have the makings of more cookies all ready to thaw out! YUMMY!

[Elizabeth R.](#) Nov 30, 2009, 5:36pm EST

OMG! This is absolutely sinfully delicious!

[flit .](#) Nov 30, 2009, 4:17pm EST

ah, if only one could eat this stuff and not gain weight - I'd be all over it.

I miss cheesecake!

[Richard Frisbie](#) Nov 30, 2009, 4:40pm EST

Flit - I ran my finger around the inside of the spring-form pan to taste it - I don't eat desserts. I was good, but not worth the weight.

[flit .](#) Nov 30, 2009, 4:55pm EST

I have had several ~tastes~ of cheesecake since I started my diet - but never more than a single bite. Honestly, I think I enjoy it more now that I only have a tiny portion.

And I certainly DO enjoy being able to walk, drive, do yoga, etc - without fear of fainting!

[Richard Frisbie](#) Nov 30, 2009, 5:08pm EST

Good for you - I'm glad it's working for you. And RFAI I Y - a taste is all anyone needs

[Natalie Neal Whitefield](#) Nov 30, 2009, 4:23pm EST

Chocolate "Bliss" is right! Won't you please consider posting this to [Home Comfort](#) Group?

[Richard Frisbie](#) Nov 30, 2009, 4:44pm EST

I just did, Natalie - thanks for asking.

[Natalie Neal Whitefield](#) Nov 30, 2009, 7:08pm EST

Thanks so much. We are featuring this at [Home Comfort](#) this week.

[Richard Frisbie](#) Dec 1, 2009, 12:41pm EST

thank you!

[JOHN BECK](#) Nov 30, 2009, 8:08pm EST

Sounds good. Decadent but good.

[Richard Frisbie](#) Dec 1, 2009, 12:41pm EST

You are sooo right!

[Sheryl O.](#) Dec 1, 2009, 12:54pm EST

What's a 'nib'? This looks uber tasty, but I don't want to set my heart on something I cannot find ingredients for.

[Richard Frisbie](#) Dec 1, 2009, 1:29pm EST

I didn't know either. But when I went to the health food store they had plenty! A Nib is a crumbled cocoa bean. A more elegant description from Gourmetsleuth.com:

Cacao Nibs are perfectly roasted cocoa beans separated from their husks and broken into small bits. They are the essence of chocolate. Nibs add crunchiness and subtle chocolate flavor to baked goods and savory dishes. They make a great substitute for roasted nuts or chocolate chips, without added sweetness.

From my review of Chocolate Bliss - the author describes them thusly:

*cocoa nibs – Pure cocoa beans that have been fermented, hulled, roasted, and cracked but not ground to a paste. They have a nut-like crunch.

I will add that they are slightly bitter, a great counterpoint to the sweetness of the cocoa dough and the cheese filling in this recipe, adding great texture, too.

[Sheryl O.](#) Dec 1, 2009, 1:36pm EST

Yum...I bet just covering them with sweetened chocolate and eating them by the handful would be delicious, too.

[Richard Frisbie](#) Dec 1, 2009, 2:10pm EST

They sell them that way, and sweetened other ways, too. I melted chocolate to drizzle over the cheesecake instead of putting nibs on top. Wouldn't you know - the chocolate had nibs in it! It "drizzled" on in blobs!

[Close Window](#)

Print This Page