

Bistro Vue berries and cream

By Shannon Bennett

2 hours plus refrigeration time

6 hours

8

Serves



INGREDIENTS

French meringue

125 g caster sugar
60 g fresh egg whites

Malto herb oil

200 ml grapeseed oil
50 ml olive oil
1 lemon
½ cup of mint leaves, picked
¼ cup flat leaf parsley, picked
20 g Maltodextrin powder

Raspberry gel

500 ml pure raspberry puree
7 g agar agar powder

Brown butter

250g butter

Chocolate soil

70 g caster sugar
75 g almond meal
50 g plain flour
25 g cocoa powder
1 pinch table salt
35 g brown butter
1 shot of coffee, 30 ml

Creme diplomat

250 ml full cream milk
1 vanilla bean, split
60 g egg yolks
1 egg white
60 g caster sugar
15 g custard powder
15 g plain flour
10 g cornflour
125 ml whipped cream, 35% fat

Milk ice cream

150 g cream, 35%
100 g glucose syrup
1 vanilla bean, split
70 g caster sugar
7 g apple pectin
550 ml full cream milk
150 g Valrhona Dulcey (white chocolate),
chopped

To Serve

1 punnet raspberries, washed
1 punnet blueberries, washed
1 punnet blackberries, washed
1 punnet strawberries,
Fresh baby herbs to garnish

METHOD

French meringue

1. Pre-heat oven on Conventional at 65°C. Activate the Crisp function if available.
2. Using an electric stand mixer with the whisk attachment, whisk the egg whites until soft peaks form.
3. Slowly incorporate the sugar until the mixture has attained full volume and stiff peaks have formed.
4. Line a baking tray with baking paper and pipe small droplets in even lines (you may need more than one tray).
5. Place on shelf position 2 and bake for at least 6 hours or until dry to taste, cooking time may vary depending on how big the drops are piped. When ready, cool and store in an airtight container for up to 3 months.

Malto herb oil

1. Peel the yellow part of the skin from the lemon with a vegetable peeler. Combine oils and lemon rind in a glass bowl, cover with plastic wrap and steam at 62°C for 3 hours. Remove from oven, discard rind and cool the oil.
2. Wash the mint and parsley leaves and dry thoroughly.
3. Puree the oil and herbs in the small bowl of a food processor and strain through a fine muslin lined sieve. Refrigerate until completely cool.
4. Mix 20 g of herb oil and 20 g maltodextrin powder. Store well covered and far from light and heat.

Raspberry gel

1. Slice the frozen puree into a solid steam tray. Steam at 100°C for 1 minute. Add the agar and stir through.
2. Steam at 100°C for a further 10 minutes.
3. Leave to set at room temperature before blitzing in a food processor for 3 minutes. Place in a piping bag, tie off the end to seal and store in the refrigerator until required.

Brown butter

1. Place the butter in a pan on medium-high heat, Induction setting 6-8 and cook until the solids begin to sink to the bottom and the butter turns a beautiful deep golden colour or reaches 170°C.
2. Pour brown butter into a heatproof bowl and refrigerate until set. Store in an airtight bag or container until required.

Chocolate soil

1. Place all ingredients except the brown butter and coffee in a bowl and mix to combine.
2. Place the brown butter in a small heatproof bowl. Hold the bowl under the coffee spout to catch the hot coffee shot. Mix until dissolved before adding to the dry ingredients.
3. The soil should be a crumbly and damp consistency. Place soil on a baking tray, covered in the refrigerator for 3 hours to dry out a little.
4. Pre-heat oven on Fan Plus at 160°C.
5. Bake the chocolate soil for no longer than 10 minutes. Cool it down and set aside in an airtight container until required.

Crème diplomat

1. Place the milk and split vanilla bean in a small pan on medium heat, Induction setting 6 and bring to just under boiling point.
2. In a bowl, whisk yolks, egg white and sugar until pale, then add custard powder, flour and cornflour.
3. Pour in a little of the hot milk and mix well to combine, pour this mixture into the remaining hot milk and return to medium-low heat, Induction setting 4-5. Continue to cook until thickened and no longer has a “flour” taste.
4. Cool, covered with plastic wrap, to prevent a skin forming until completely cool. Store in an airtight container until required.
5. Using an electric stand mixer fitted with a paddle, beat the custard cream until becomes soft again, then gently fold through the whipped cream. The mixture must be a soft, aerated and fluffy consistency. Place the crème diplomat in a piping bag, refrigerate until required.

Milk ice cream

1. Place cream, glucose and vanilla bean in a pan on high heat, Induction setting 7 and bring to the boil.
2. Mix sugar and pectin together and scatter into boiling cream. Mix well and continue to boil until reaches 106°C to activate pectin.
3. Remove from heat and stir in milk and chocolate, cool to room temperature. Place cooled mixture into the bowl of an ice cream maker and follow the instructions to churn until frozen. Store in an airtight container.

To serve

1. On a large plate place some sliced strawberry and pipe around plate the raspberry gel and the crème diplomat.
2. Continue to garnish with other berries and sprinkle some chocolate soil and mini meringues on top.
3. Place a scoop of ice cream in the middle of the berries and dust with the malto herb oil and garnish with fresh baby herbs.

Hints and tips

- Maltodextrin can be purchased from specialist grocers.
- The French meringue and malto herb oil need to be made at least 24 hours in advance.