

PINEAPPLE PARFAIT, GREEN ASPARAGUS ICE-CREAM, FRENCH TOAST WITH SESAME AND LEMON MERINGUE

Sorbet & ice-cream recipe / by Maxime Collard



For 4 portions

1. Composition

- Asparagus ice-cream
- Pineapple parfait
- Lemon meringue
- French toast

2. Asparagus ice-cream

Ingredients

Milk - 400g

Sugar - 100g

Egg yolk - 6

Crème fraîche - 100g

Salt - As required

Asparagus (purée) - 400g

Warm the green asparagus puree for the ice-cream with milk.

Add the cream then bring it all to the boil.

Cream the egg yolks with the sugar and salt until pale in colour.

Pour the boiling mixture over the egg yolks and cook until it coats a spoon (82.5°C).

Pour the mixture into a Paco bowl then freeze.

3. Pineapple parfait

Ingredients

Frozen fruit purée 100% :
Pineapple - 600g

Sugar - 200g

Water - 75g

Egg white - 200g

Whipped cream - 400g

Gelatine (sheet) - 8

For the parfait, make a syrup at 121°C with the sugar and water. Whisk the egg whites and drizzle in the syrup while continuously whipping.

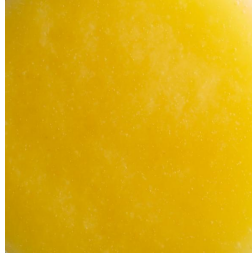
Continue to beat the mixture until completely cooled.

Gently heat the pineapple puree and add the previously rehydrated gelatine.

With a spatula, delicately add the meringue to the pineapple composition, then the whipped cream.

Pour into shapes of your choice and freeze.

In this step



Frozen fruit purée
without added sugar* :
Pineapple

Frozen fruit purées

4. Lemon meringue

Ingredients

Egg white - 160g

Sugar - 310g

Water - 95g

Organic lemon (zest) - As
required

For the lemon meringue, make a syrup at 121°C with the sugar and water.

Whisk the egg whites and drizzle in the syrup while continuously whipping.

Continue to beat the mixture until completely cooled.

Grate the lemon rind finely then add the meringue and pour into a piping bag.

Keep in the refrigerator.

5. French toast

Ingredients

Bread - 4

Egg yolk - 3

Crème fraîche - 100g

Sugar - 20g

Vanilla pods - 1

Sesame seeds - 20g

Flour - 20g

Peanut oil - As required

Cut the slices of bread into circles.

Mix the egg yolks with the sugar, cream and vanilla seeds.

Dip the bread slices in this mixture and then into the flour previously mixed with pine nuts.

Fry the bread on both sides in groundnut oil.

6. Presentation

Ingredients

Pineapple - 1

green asparagus - 4

Prepare the pineapple and cut it into thin slices with a slicer.

Dry the slices in the oven.

Cut the green asparagus into fine ribbons using a mandolin.

Present all the components attractively on the plates.