

ÉCOLE BELLOUET CONSEIL

LE BOURBON

Recipe for 3 entremets each for 6 persons

Ingredients

VANILLA SOUFFLÉ PASTRY
140 g whole milk
100 g butter
140 g flour
170 g egg yolks
170 g eggs
10 g Madagascar Bourbon vanilla paste
250 g egg whites
120 g caster sugar

VANILLA SOAKING SYRUP
500 g water
250 g caster sugar
5 g Madagascar Bourbon vanilla paste

TONKA BEAN CREAM
410 g cream
6 g Tonka beans
50 g egg yolks
42 gelatine mass (6 g 200 bloom gelatine powder and 36 g water)
135 g white chocolate 34%
60 g milk couverture chocolate 35%

CARAMEL SAUCE
40 g glucose
110 g caster sugar
300 g cream
40 g butter
8 g Madagascar Bourbon vanilla paste
14 g gelatine mass (2 g 200 bloom gelatine powder and 12 g water)
25 g cocoa butter powder 100%

VANILLA BAVARIAN CREAM
400 g whole milk
20 g Madagascar Bourbon vanilla paste
130 g egg yolks
100 g caster sugar
70 g gelatine mass (10 g 200 bloom gelatine powder and 60 g water)
400 g whipped cream

WHIPPED VANILLA GANACHE
500 g cream
150 g white chocolate 34%
8 g Madagascar Bourbon vanilla paste
14 g gelatine mass (2 g 200 bloom gelatine powder and 12 g water)

CLEAR GLAZE
1 kg water
600 g caster sugar
45 g pectin NH
25 g lemon juice

Preparation

VANILLA SOUFFLÉ PASTRY
Prepare choux pastry by boiling the milk with the butter; remove from the heat and add the flour, then gradually add in the egg yolks and whole eggs.
Carefully incorporate the whipped egg whites that have been stiffened with the caster sugar.
Spread in a 37 x 57 x 1 cm deep Flexipat®.
Bake in a fan-assisted oven at 160°C for around 12-14 minutes.
Once out of the oven, allow to cool slightly and turn the pastry out onto greaseproof paper, then set aside in the refrigerator.
Usually, the Flexipat® facing side will turn out smooth without any crust.

VANILLA SOAKING SYRUP
Bring all the ingredients to a boil in a saucepan, then allow to cool and set aside in the refrigerator.

TONKA BEAN CREAM
In a saucepan, heat the whipping cream and crushed Tonka beans and leave to infuse for 20 minutes with the lid on.
Strain through a fine mesh sieve and add milk if required to make up to 410g.
Heat the infusion and pour it onto the egg yolks, then bake this mixture at 85°C.
Pour over the chocolates and hydrated gelatine.
Blend, then cool to approximately 25°C and set aside until assembly.

CARAMEL SAUCE
Heat the glucose and caster sugar in a saucepan until caramelised, add hot whipping cream to stop the cooking process, then remove from the heat and add the butter, vanilla paste, hydrated gelatine and cocoa butter powder.
Blend, allow to cook and then pour 130 g over the Tonka cream.
Set aside in the refrigerator for assembly later.

VANILLA BAVARIAN CREAM
In a saucepan, cook a custard to 85°C using the whipping cream, vanilla paste, egg yolks and caster sugar.
Add the hydrated gelatine and blend.
Chill to 30°C and then add the whipped cream.
Use immediately.

WHIPPED VANILLA GANACHE
Heat up the whipping cream, pour over the white chocolate, vanilla paste and hydrated gelatine.
Blend everything and refrigerate overnight at 5°C.
The next day, whip the chilled vanilla ganache and use immediately.

CLEAR GLAZE
In a saucepan, dissolve the mixture of the caster sugar and pectin NH in cold water, and bring to a nice boil.
Take it off the heat, then add lemon juice.
Set aside.

ASSEMBLY AND DECORATION
Cut out three 3 cm wide by 57 cm long strips of the vanilla soufflé pastry to use when finishing the desserts.
From the remainder of the sheet, cut out three 14 cm diameter rounds and soak with a little of the vanilla syrup.
Place these rounds into circular moulds of the same size and pour over 150 g of the Tonka bean cream.
Place in the freezer. Once frozen, pour over approx. 150 g of the caramel sauce into the circular moulds.
Freeze the insert and set aside to assemble later.
Assemble upside down in 16 cm diameter by 4.5 cm deep circular moulds lined with PVC strips.
Pour over the vanilla Bavarian cream up to mid-height and then turn over the pastry insert, cream and caramel sauce.
Smooth over and freeze.
Remove the desserts from the moulds, coat with the clear glaze and surround with a ring of the vanilla soufflé pastry.
Use a Saint-Honoré nozzle to pipe the whipped vanilla ganache and finish with a gold leaf dot.

Associated products

MADAGASCAR BOURBON
VANILLA PASTE



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