

TRISTAN ROUSSELOT

# MADAGASCAR BOURBON VANILLA & BLACK SESAME VACHERIN

## Ingredients

**VANILLA SWISS MERINGUE**
100 g Egg white
200 g Icing sugar
**0.6 g Caviani - Prova Gourmet**

**VANILLA SPONGE CAKE**
244 g Blanched ground almond
244 g Icing sugar
292 g Whole egg
**2 g Caviani - Prova Gourmet**
68 g Strong white flour (T55)
214 g Egg white
49 g Sugar

**VANILLA ICE CREAM MIX**
21 g Water
269 g UHT whole milk
26 g Skimmed milk powder
14 g Atomised glucose DE38
4 g Dextrose
28 g Sugar
5 g Invert sugar
50 g Butter
12 g Egg yolk
2 g 2000 stabiliser
15 g Sugar
**1 g Caviani - Prova Gourmet**

**BLACK SESAME PRALINE**
50 g Black sesame seeds
10 g Whole almond, blanched
40 g Sugar
1 g Fleur de sel

**VANILLA WHIPPED GANACHE**
208 g Whipping cream (35% fat)
10 g Glucose syrup
10 g Invert sugar
1 g Fine salt
**0.5 g Caviani - Prova Gourmet**
39 g White chocolate (28% cocoa)

**VANILLA CRÈME ANGLAISE**
58 g UHT whole milk
15 g Whipping cream (35% fat)
**0.2 g Caviani - Prova Gourmet**
10 g Caster sugar
15 g Egg yolk

## Preparation

**VANILLA SWISS MERINGUE**
Sift the icing sugar. In a stand mixer bowl, whisk the egg whites, sifted icing sugar and Caviani over a bain-marie until the temperature reaches 40 °C. Next, transfer the bowl to a mixer fitted with a whisk. Emulsify the egg whites well until the texture is firm and chill the meringue. Take a 20 cm x 4.5 cm acetate sheet and spread a thin layer of meringue on top, then place in a 6 cm diameter ring. Dry out in the oven at 80 °C for 2 h. Once cooled, remove from the mould. Use a piping bag fitted with a plain No. 20 tip to pipe out tubes of meringue. Dry out in the oven at 80 °C for 2 h. Cut the meringue into pieces.

**SPONGE CAKE**
In the bowl of a mixer fitted with a whisk, emulsify the ground almonds and sifted icing sugar with the whole eggs and Caviani. Add the sifted flour. Whisk the egg whites and stiffen with the sugar, then fold into the mixture. Weigh out 800 g of batter per 40 x 60 cm sheet. Bake at 180 °C for 10 min. Cut out circles of 6cm in diameter.

**VANILLA ICE CREAM MIX**
In a saucepan, heat the milk, skimmed milk powder and vanilla extract. Measure the temperature. Once at 30 °C, add the atomised glucose and dextrose. At 40 °C, add the sugar (1) and the invert sugar. At 45 °C, add the melted butter and the egg yolk. At 50 °C, add the sugar (2) and the ice-cream stabiliser. Pasteurise at 85 °C. Blend and strain through a fine sieve as you add the Caviani. Mature overnight at 3 °C (for at least 4 h). Blend, strain and churn the ice-cream. Place a circle of sponge cake into 6 cm diameter rings, then pipe in 30 g of ice cream and top with another circle of cake. Freeze, then unmould.

**BLACK SESAME PRALINE**
Roast the black sesame seeds and almonds at 160 °C for 20 min. Make a dry dark caramel with the sugar, then pour it over the nuts and fleur de sel. Allow to cool, then blend until you have a smooth textured paste.

**VANILLA WHIPPED GANACHE**
Bring one third of the cream to the boil with the glucose, invert sugar and salt. Pour over the white chocolate, then blend as you add the remaining cream and the Caviani. Refrigerate for at least 2 h. Whip the whipped ganache to a silky texture. Transfer to a piping bag.

**VANILLA CRÈME ANGLAISE**
In a saucepan, heat the milk, cream and Caviani. In a bowl, beat the egg yolks and caster sugar until pale and creamy. Pour the liquids over the above mixture and return it to the saucepan, then heat up to 85 °C until it coats the back of a spoon. Remove from heat and cool before use.

**ASSEMBLY**
Use a palette knife to cover the ice cream puck with Caviani whipped ganache, then place on a plate. Carefully place the meringue circle. Pipe a generous layer of black sesame praline on top of the sponge cake. Pipe Caviani whipped ganache onto the praline and finish by decorating with meringue pieces. Serve with crème anglaise on the side as a sauce.

## Associated products

Heart of the Bean
Caviani



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