

PROVA
Gourmet



Tahitensis Vanilla
EXOTIC FLOWERS

by Tristan Rousselot

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INGREDIENTS

Recipe for 10 portions

HYDRATED GELATINE

86 g Water
14 g Fish gelatine powder

VANILLA SPONGE CAKE

192 g Blanched ground almonds
27 g Tahitian vanilla extract with seeds - Prova Gourmet
192 g Icing sugar
229 g Egg
53 g Strong white flour
168 g Egg white
38 g Sugar

BANANA EXOTIC CONFIT

150 g Williams pear puree
150 g Banana puree
150 g Passion fruit puree
4 g Pectin NH glaze
10 g Sugar

EXOTIC FRUIT AND CORIANDER BRUNOISE

200 g Kiwi
200 g Pineapple
200 g Mango
10 g Coriander
100 g Lime

COCONUT, CARDAMOM & VANILLA CHANTILLY CREAM

307 g Coconut puree
29 g Sugar
4 g Green cardamom
6 g Tahitian vanilla bean - Prova Gourmet
10 g Hydrated gelatine
6 g Malibu
240 g Whipping cream (35% fat)

LIME ROYAL ICING

403 g Icing sugar
81 g Egg white
16 g Pure lemon juice

YUZU GEL

140 g Yuzu juice
6 g Sugar
4 g Agar agar

DECORATION

20 g Coriander Cress (Ghoa Cress)
20 g Marigold flowers
100 g Lime
10 g Madagascar Bourbon vanilla powder - Prova Gourmet



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PREPARATION

Recipe for 10 portions

HYDRATED GELATINE

Mix all the ingredients together and leave the mixture to rest for 20 min. Melt in the microwave to finish the mixture and leave it to set in the refrigerator. Cut into small cubes.

VANILLA SPONGE CAKE

In the bowl of a mixer fitted with a whisk, emulsify the ground almonds, vanilla extract, and sifted icing sugar with the whole eggs. Use a spatula to add the sifted flour. Whisk the egg whites and stiffen with the sugar, then fold into the mixture. Bake in a fan-assisted oven at 180 °C for 8 to 10 min. Place the sponge onto a rack to cool, then cut out circles.

BANANA EXOTIC CONFIT

Mix all the fruit purees in a saucepan, and heat to 50 °C. Whisk in the combined sugar and pectin NH. Heat the mixture to 85 °C then cool. Smooth the confit or blend until smooth.

EXOTIC FRUIT AND CORIANDER BRUNOISE

Wash and peel the fruits, then finely dice to an even brunoise. Zest the lime and add the chopped coriander. Mix the brunoise with the exotic confit.

COCONUT, CARDAMOM & VANILLA CHANTILLY CREAM

One day ahead, split the vanilla beans and scrape out the seeds. Heat together with the coconut puree, sugar, and cardamom to 70 °C, then leave to infuse overnight. On the day, strain through a fine sieve to remove any beans and the cardamom. Heat the infusion, add the hydrated gelatine and cream, then blend. Add the mixture into a siphon with one gas cartridge, then leave to cool.

LIME ROYAL ICING

Sift the icing sugar. Combine all of the ingredients in the bowl of a mixer fitted with a flat beater. Emulsify the mixture to the desired texture. Working on a Silpat, use the "Flowers" stencil as a guide to add a fine layer of royal icing, and allow to dry in the oven at 70 °C for 2 h.

YUZU GEL

In a saucepan, heat the yuzu juice to 50 °C, then whisk in the agar agar pre-mixed with the sugar, and bring to a boil. Cool, then blend.

DECORATION

Set a circle of vanilla sponge onto a plate, then place a metal ring and pour in the finely diced exotic fruits, coriander, and confit. Place a scoop of sorbet in the centre. Use the siphon to top the sorbet with vanilla coconut Chantilly, then arrange the royal icing "flower" and pipe dots of exotic fruit confit and yuzu gel in the centre. Sprinkle over a hint of lime zest and a little vanilla powder. Garnish with coriander cress and marigold flowers.

