



## ÉCOLE BELLOUET CONSEIL

# VANILLA BABA AU RHUM

## Ingredients

### BABA PASTE

250g flour  
10g sugar  
5g salt  
15g fresh yeast  
50g water  
150g eggs  
80g melted butter

### SOAKING SYRUP

1500g water  
675g sugar  
220g rum 60°  
40g Pure Vanilla Madagascar Bourbon with seeds

### VANILLA MASCARPONE CHANTILLY

700g cream  
100g mascarpone  
50g vanilla sugar  
5g Pure Vanilla Madagascar Bourbon with seeds

## Preparation

### BABA PASTE

Using a hand whisk, combine in the mixing bowl, the fresh yeast and water then the flour, sugar, salt and eggs. Continue the mixing with the paddle attachment. Once well combined together, add the melted butter. For individual savarins, it is not necessary to give body to the paste and therefore make it easier to fill the individual moulds. Pipe the paste with a piping bag and plain nozzle into "flexipan" savarin moulds of 7 cm in diameter. Allow the babas to develop in a hot box at 28°C then bake in a fan forced oven at 170°C for 25 to 30 min. A baba should be dry in order to absorb the soaking syrup.

### SOAKING SYRUP

Bring to the boil the water and the sugar then add the rum and the vanilla extract. Stock for the soaking of the babas.

### VANILLA MASCARPONE CHANTILLY

Combine all ingredients together then whisk together in a mixing bowl and use immediately.

### ASSEMBLY AND FINISHING

Dip the babas in the soaking syrup at 50°C. Make sure that the babas are soaked through completely as this will be noted when tasting. Allow the babas to drain then brush with a hot apricot glaze to give them a brilliant shine. Pipe a rosace of the vanilla mascarpone chantilly onto each baba with a piping bag fitted with a star nozzle.

## Associated products



MADAGASCAR BOURBON  
ALCOHOL FREE VANILLA  
WITH SEEDS