

TRISTAN ROUSSELOT

ÎLE FLOTTANTE

Ingredients

VANILLA CRÈME ANGLAISE
353 g Whole milk, UHT
88 g Liquid cream 35% fat
2 Bourbon Madagascar Vanilla bean - Prova Gourmet
71 g Granulated sugar
88 g Egg yolk

ÎLE FLOTTANTE MERINGUE
354 g Egg white
142 g Granulated sugar
4 g Fine salt
50 g Icing sugar

DECORATION
100 g Sliced almond
200 g Syrup at 30
50 g Bourbon Madagascar vanilla Pearls - Prova Gourmet

Preparation

VANILLA CRÈME ANGLAISE
In a saucepan, heat the milk, cream, and split and scraped vanilla pods, then cover with cling film and let infuse overnight. In a bowl, whisk the egg yolks and granulated sugar until light and pale. Remove the vanilla pods and reheat the infusion. Pour the hot infusion over the egg yolk mixture, then return everything to the saucepan. Cook until the mixture reaches 85 °C (custard stage), stirring constantly. Remove from the heat and cool before using.

ÎLE FLOTTANTE MERINGUE
In a mixing bowl with a whisk attachment, whip the egg whites and fine salt, gradually adding the granulated sugar until stiff peaks form. Use the meringue immediately and shape it, creating a hollow in the center to accommodate the pearls later during plating. Dust with icing sugar twice. Bake the meringue at 160 °C for 3 min.

DECORATION
Dip the sliced almonds in syrup at 30, allowing them to soak up the syrup. Place the almonds on a baking sheet and bake at 170 °C for 15 min to color them. Plating In a deep dish, pour a ladle of vanilla crème anglaise, then place the meringue on top. Add vanilla pearls in the center of the meringue and decorate with the caramelized almonds.

Associated products



BEANS
MADAGASCAR
BOURBON VANILLA