

ÉCOLE BELLOUET CONSEIL

VANILLA BABA AU RHUM

Ingredients

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

SOAKING SYRUP
1500 g water
675 g sugar
220 g rum 60°
40 g Madagascar Bourbon vanilla extract with seeds

VANILLA MASCARPONE CHANTILLY
700 g cream
100 g mascarpone
50 g vanilla sugar
5 g Madgascar Bourbon vanilla extract 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.

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