

ÉCOLE BELLOUET CONSEIL

LIKE A TART

Ingredients

Vanilla rice pudding
35 g short grained rice
175 g full fat milk
1 pinch of salt
1 Prova Gourmet Madagascar vanilla bean
125 g full fat milk
30 g egg yolks
1 Prova Gourmet Madagascar vanilla bean
35 g sugar
21 g gelatine mass (3 g 200 bloom gelatine mass and 18g water)

Almond sweet paste
175 g butter
2 g salt
100 g icing sugar
35 g ground almonds
2 g Prova Gourmet vanilla powder
250 g flour
50 g eggs

Raspberry jelly
250 g raspberry puree
15 g vegetable gelatine

Vanilla meringue
75 g egg whites
150 g icing sugar
1 g Prova Gourmet vanilla powder

Fruit Sauce
250 g different flavoured fruit purees
1 or 2 g of xanthan gum

Vanilla mascarpone chantilly cream
700 g cream
100 g mascarpone
50 g icing sugar
1 Prova Gourmet Madacascar vanilla bean

Preparation

Vanilla rice pudding
In a saucepan, cook the rice twice, starting from cold water and bringing to the boil. Heat the milk with the salt, cut and scraped vanilla bean and the cold cooked rice. Cook the rice in a fan forced oven at 180°C for 25 to 30 min until all liquid has been absorbed. Using the second quantity of milk, make a crème anglaise by heating the milk and infusing the cut and scraped vanilla bean. Pour the vanilla and milk over the mixture of egg yolks and sugar beaten together. Cook the anglaise to 85°C then add the gelatine mass. Combine the cooked rice with the anglaise which has started to set then pour this mixture into a ring of 11 cm in diameter and 1.5 cm high. (A ring of 8 cm placed into the centre to form a ring.) Stock in the refrigerator for the assembly.

Almond sweet paste
In a mixing bowl with a paddle attachment, rub together all ingredients except for the eggs. Add the eggs at the end then finish mixing the paste without overworking. Stop the mixer once the paste is homogenous. Cover the paste with film and stock in the refrigerator at 4°C. Once completely cold, roll out the paste to 2.5 mm and cut out discs of 11 cm in diameter. Remove the centre of each disc with a cutter of 8 cm. Bake in a fan forced oven at 160°C on a "silpain" sheet for 12 min. Stock the baked paste in a dry environment.

Raspberry jelly
Heat the raspberry puree then add the vegetable gelatine and bring to the boil. Pour a thin coat of the jelly onto an oiled tray. Cut out the raspberry jelly with a plain 6 cm cutter. Place a ball of the vanilla mascarpone cream in the centre and fold the jelly as for a ravioli. Stock for the finishing.

Vanilla meringue
Combine the egg whites with the icing sugar and then place the bowl onto a bain marie heated to 60°C. Continue to mix the mixture. Whisk the mixture until completely cold then add the vanilla powder. Using a piping bag fitted with a plain nozzle number 18, pipe onto a "silpat" points. Dry out the meringues in an oven at 100°C for 1 hour 30 min then stock in a dry environment for the finishing.

Fruit sauce
Select different fruit purees and mix each with the xanthan gum cold. Stock for the finishing.

Vanilla mascarpone chantilly cream
Cut the vanilla bean into two and scrape the interior in order to use only the seeds of the vanilla. Combine the grains with the remaining ingredients then whisk in a mixer to consistence and use immediately.

Assembly and finishing
On a plate, place the ring of rice pudding in the centre then place the ring of almond sweet paste. Position on the almond paste 3 quenelles of the vanilla mascarpone chantilly and the 3 raspberry jelly ravioli. Complete the plate with some of the small meringues and some fresh red forest fruits. Finish with some points of fruit sauce and some gold leaves.

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