

Roussillon

Recipe calculated to make 18 SPHERIS (ref 4319)



SORBET ABRICOT

55 g per Spheris

665 g apricot pulp (10% sugar added)
160 g caster sugar
40 g glucose syrup
22 g dextrose
210 g mineral water
3 g stabilizer SL64

Heat the water. When the temperature reaches 40°C, add the sugar, the glucose syrup, the dextrose and the stabilizer. Bring to the boil. Cool rapidly to 10°C. Leave to mature in a refrigerator overnight. Add the defrosted apricot pulp to the syrup (do not heat), put all the ingredients into a mixer and spin.

CRÈME GLACÉE YAOURT CITRON

35 g per Spheris

330 g full fat milk
45 g powdered milk 0%
160 g single cream 35%
30 g egg yolks
140 g caster sugar
20 g inverted sugar
20 g glucose powder
250 g yoghurt
4 g stabilizer SL64
lemon zest

Heat the milk with the lemon zest, the cream and the powdered milk. Mix the stabilizer with a small quantity of the caster sugar. At 30°C, incorporate the sugars (caster sugar, inverted sugar and glucose powder). At 45°C, incorporate the sugar-stabilizer mixture, then the egg yolks. Pasteurize the ingredients at 85°C, mix and cool rapidly to 4°C. Leave to mature overnight, add the yoghurt, mix, sieve through a chinois and spin.

SABLÉ BRETON AU ROMARIN

80 g egg yolks
160 g caster sugar
225 g plain flour
15 g baking powder
2 g fleur de sel (fine sea salt)
160 g butter
10 g rosemary

Beat the yolks with the sugar. In another bowl, sift the flour with the baking powder. When the yolks have been beaten until they have thickened and paled, add the creamed butter, the sifted dry ingredients and the salt.
Cooking : Spread out 3 mm thick between two sheets of parchment paper and put aside in a freezer. Cut out with a cookie cutter (2 cm diameter). Cook in a very slow oven 155/160°C, damper open.

ROMARIN CONFIT

100 g syrup at 30°B
20 g sprigs of rosemary

Bring the syrup to the boil, add the sprigs of rosemary. Leave in a refrigerator overnight. The next day, drain the sprigs of rosemary, lay them out on a Silpat silicone sheet and dry in an oven at 120°C. Keep in an airtight box.

SAUCE PRALINÉ ABRICOT

12 g per Spheris

50 g full fat milk
50 g apricot pulp (10% sugar added)
100 g praliné amandes 50%
10 g glucose
20 g neutral glaze
10 g extract of apricot 50° Wolfberger

Bring the milk and the glucose to the boil. Pour half of this mixture onto the praliné. Beat hard until it separates, then add the rest of the milk and the slightly warmed apricot pulp. Continue to beat until the liquid becomes smooth and elastic. Incorporate the melted glaze, the extract of apricot and mix. Set aside in a refrigerator or a freezer.

ASSEMBLING

Fill the STRUCTURA SPHERIS with about 1/3 of crème glacée yaourt citron, then finish with the apricot sorbet. Smooth the surface over with a spatula. Using a teaspoon, make three little hollows to be filled with sauce praline. Level off any sorbet above the top of the shell. Decorate with crème glacée yaourt citron with a piping bag with a St Honoré-type nozzle. Pour on some sauce praline abricot, arrange the pastilles de sablé breton au romarin. Sprinkle with a few sprigs of candied rosemary.

INFORMATION : You can fill MINI OVALIS to make superb iced petits fours. It is better to leave the STRUCTURA shells in their molds during assembly and storage and to remove them from their molds just before serving.

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