

FROST WAVE

ANDROS[®]
Chef



FROST WAVE

Serves 10

Ingredients

Swiss meringue

333 g Egg white
667 g Caster sugar

Coconut ice cream

251 g Whole milk
94 g Powdered milk 0 % fat
300 g Single cream
11 g Butter
112 g Caster sugar
60 g Atomised glucose
11 g Dextrose
5 g Ice cream stabiliser
562 g Coconut puree

94 g Malibu



Mango and passion fruit sorbet

341 g Water
61 g Inverted sugar
89 g Caster sugar
183 g Atomised glucose
9 g Sorbet stabiliser
6 g Lemon puree

243 g Passion fruit puree

568 g Mango puree

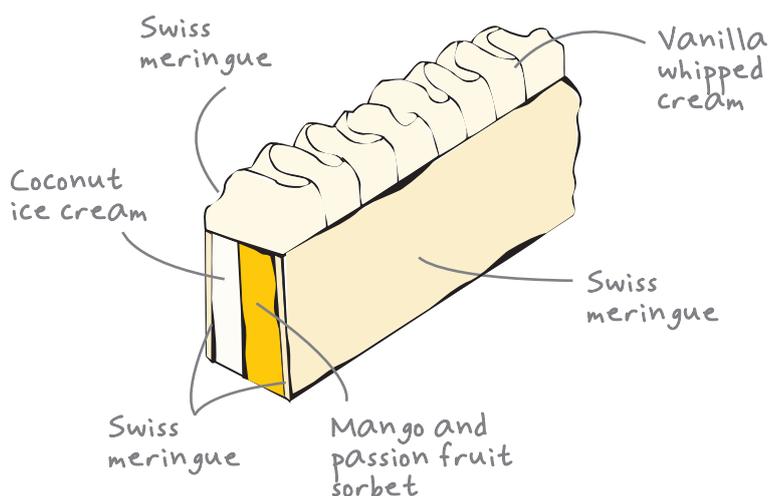


Vanilla whipped cream

23 g Caster sugar
3 g Xanthan gum
213 g Single cream
691 g Single cream
69 g Caster sugar

Decoration

50 g Mirror glaze
RU* Hydrosoluble yellow colouring



1 Swiss meringue:

Heat the egg whites and caster sugar to 55 °C while whisking vigorously. Using the whisk, whisk until completely cool.

2 Coconut ice cream:

In a saucepan, heat the milk, powdered milk, cream and butter to between 25 °C and 40 °C. Mix the caster sugar, atomised glucose, dextrose and ice cream stabiliser. Pour them into the saucepan while whisking. Allow to cook to 83 °C. Pour onto the coconut puree and Malibu. Emulsify in the mixer. Chill quickly. Leave for 24 hours. Churn in an ice cream maker.

3 Mango and passion fruit sorbet:

In a saucepan, heat the water and inverted sugar to between 25 °C and 40 °C. Mix the caster sugar, atomised glucose and sorbet stabiliser. Pour them into the saucepan while whisking. Allow to cook to 83 °C. Pour onto the lemon, passion fruit and mango purees. Emulsify in the mixer. Chill quickly. Leave for 24 hours. Churn in an ice cream maker.

4 Vanilla whipped cream:

Dry mix the caster sugar with the Xanthan gum. In a saucepan, heat the cream to approximately 60 °C. While mixing, pour in the sugar/gelling mixture. Chill to approximately 30 °C. Using the whisk, whisk the cream with the caster sugar. Add to the chilled mixture.

5 Assembly:

Spread 7 x 20 cm meringue rectangles onto a silicone sheet. Bake in the oven at 90 °C for approximately 1 hour 30 mins. Spread the coconut ice cream into a 30 x 40 cm frame. Freeze. Spread the mango and passion fruit sorbet over the coconut ice cream. Freeze. Remove from the frame and cut into 6 x 20 cm rectangles. Stick the meringue onto the frozen rectangles using a little vanilla whipped cream. Pipe the vanilla whipped cream using a St Honoré nozzle. Decorate.



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