RÉMY COINTREAU

GASTRONOMIE

COINTREAU

ORANGE ICE CREAM SOUFFLÉ





THE CHEF

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Recipe for 12 desserts

1. ORANGE

12 medium-sized oranges

Cut off the tops of the oranges. Scoop out the flesh with a spoon, then freeze them.

2. SEMI-CANDIED ORANGE ZEST

300 g caster sugar
300 g water
80 g Cointreau® 40%
Total weight: 680 g

Peel the oranges with a vegetable peeler. Cut strips of zest from the peel. Blanch them three times in boiling water.
In a saucepan, bring the water and sugar to a boil. Add the blanched orange zest and the Cointreau®. Simmer until thickened. Set aside.

3. COINTREAU® ICE SOUFFLÉ

50 g water
130 g caster sugar
100 g egg yolks
3 g gelatin sheets
400 g whipped cream
25 g Cointreau® 40%
Total weight: 708 g

In a saucepan, heat the water and sugar to 116°C. Pour over the egg yolks while whisking. Heat the mixture in a double boiler to 83°C. Add the drained gelatin.
In a bowl fitted with a whisk attachment, whip until completely cooled. Fold in the whipped cream and Cointreau®. Pour the soufflé into the hollowed-out oranges. Freeze.

4. CHOCOLATE CHIPS

50 g milk
50 g butter
125 g icing sugar
40 g flour
12 g cocoa powder
Total weight: 277 g

Cream the softened butter with the sifted icing sugar. Add the milk, then the sifted mixture (flour and cocoa).
Spread 100 g of the batter onto a 40 x 60 cm Silpat mat.
Bake at 180°C for 6 minutes, with the fan set to ½.

5. ASSEMBLY

Place a frozen orange on a plate.
Top it with a chocolate chip.
Garnish with a few pieces of semi-candied orange zest.