

GASTRONOMIE



## VERRINE : NO ALLERGIE

Original creation by Stephan Destrooper, Boulangerie Pâtisserie Stephan Destrooper, Sint-Idesbald, Belgium

Recipe for 20 or 30 verrines



150 g buckwheat flour

40 g coconut fat

2 g soya lecithin

3 g vanilla

100 g chickpea juice

80 g apple and pear pieces

100 g sugar substitute (Ellphi)

100 g almond milk

3 g baking powder

Mix buckwheat flour with vanilla, baking powder, sugar substitute and lecithin. Add almond milk and chickpea juice. Mix to obtain a liquid thick paste. Incorporate the melted coconut fat, then the apple and pear pieces. Pour on a Flexipan® or in a mold and bake for 15-20 minutes to 180°C. Let cool and cut into 1cm cubes. Store in a closed packing in the freezer.

## 2. VEGAN VANILLA CREAM

1 L almond milk

90 g sugar substitute (Ellphi)

350 g coconut fat

10 g vanilla

1 g salt

80 g Cointreau® 60%

5 g sorbet stabilisazer

Boil the ingredients, except the Cointreau®. Mix for 10 minutes to obtain a smooth paste, then add the Cointreau®. Store in fridge overnight. Before using, whisk (very cold) as a whipped cream.



## 3. CRUMBLE

100 g buckwheat flour

100 g roasted hazelnuts (Ranson Industries)

60 g coconut fat

100 g sugar substitute (Ellphi)

20 g chickpea juice

2 g soya lecithin

3 g salt

Mix the ingredients to obtain a paste and store in the fridge. Cut or crumble the paste and bake to 165°C for 18 minutes. Let cool. Bake a second time to 150°C for 15 minutes until the crumble is dry and browned. Store in a closed packing.

## 4. WHIPPED GANACHE

500 g oat milk

150 g coconut fat

10 g soya lecithin

80 g cocoa mass 100% Callebaut

5 g vanilla

50 g sugar substitute (Ellphi)

1 g salt

8 g Cointreau® 60% vol.

Mix the ingredients, except the Cointreau®, and boil. Mix for 10 minutes with a hand mixer, then add the Cointreau®. Store in a bowl in the fridge into the next day.







**Griottines**® COINTREAU









