

GASTRONOMIE



ASIA

HE CHEF

Original creation by Niek Bossaert, Kortrijk, Belgium



Recipe for 24 individual ø 7 cm desserts

1. SESAME CRISP

90 g dark sesame seeds 100 g caramel chocolate 35% 40 g cocoa butter 200 g pistachio praliné 70% 215 g hazelnut-almond praliné 65%

Mix pralines, cocoa butter and caramel chocolate, then melt at 45°C. Temper to 26°C before adding the black sesame seeds. Immediately pour into a ganache frame to a thickness of 4 mm. Allow to crystallize at 17°C.

2. SUDACHI MANGO CONFIT

100 g sudachi puree 100 g mango puree 15 g sugar 2 g yellow pectin

Heat the purees. Mix the sugar with the pectin and stir into the purees. Bring to the boil. Keep refrigerated.

3. CHOCOLATE CREAM

350 g 35% cream 300 g milk 5 g salt 60 g sugar 45 g black sesame paste 1 lime (zest) 150 g egg yolks 200 g dark chocolate 55% 200 g milk chocolate 41% 10 g powdered gelatin 220 bloom 50 g water Hydrate gelatin with water. Prepare custard: bring cream to the boil with milk and salt. Mix egg yolks and sugar. Stir the egg yolk-sugar mixture into the cream and heat to 84/85°C. Melt the gelatin mass and pour through a sieve over the melted chocolates. Emulsify with a hand blender. Add the lime zest and black sesame paste, then blend.

Pour 50 g of the mixture onto a Ø 7 cm Silpat® mat. Freeze. Make sure no air bubbles form. By working at a temperature of between 35 and 45°C, your cream will always be smooth, even after defrosting.

4. SUDACHI CREAM

105 g sudachi puree 40 g cream 35% 15 g cream butter 15 g glucose 70 g sugar 215 g eggs 15 g cornstarch 60 g cocoa butter 7 basil leaves

Bring the purée, glucose, cream and butter to the boil. Mix the eggs with the sugar and cornstarch, then gently fold in some of the hot mixture. Return to the pan and boil for 2 minutes. Cool to 45°C before adding the cocoa butter. Blend with an immersion blender until smooth. Add a few fresh basil leaves if desired.

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5. MOUNT GAY® SUDACHI CUSTARD

350 g milk

50 g sudachi puree

100 g cream 40%

40 g Mount Gay® rum 55%

1 Tahitian vanilla pod

75 g sugar

50 g cornstarch

90 g egg yolks

Prepare a custard: bring the milk, cream, split vanilla pod and half the sugar to the boil. Mix remaining sugar with cornstarch. Add the egg yolks and whisk until the mixture whitens. Combine the two mixtures, then stir in the sudachi puree and Mount Gay® rum.

6. CHOCOLATE CRUNCH & BLACK SESAME CRISP

Part 1:

250 g Isomalt

40 g white chocolate 34%

Melt isomalt over low heat, then stir in melted chocolate. Pour onto Silpat[®]. Allow to cool before reducing to a powder in the Thermomix. Using a sieve, sprinkle the desired size onto Silpat[®].

Part 2:

20 g Nori (red seaweed)

60 g toasted black sesame seeds

20 g smoked Maldon salt

Reduce ingredients to powder in Thermomix, then sprinkle into circles. Bake for 3 minutes at 170°C.

7. ASSEMBLY AND FINISHING

Unmould the chocolate cremeux and cover with a black sesame crisp and a chocolate crunch.

Top with 5 corks of sudachi cream, then the same amount of Mount Gay® sudachi custard.

Finish with a few drops of sudachi mango confit.

Top with a sesame crisp.

