

KAMÉLIA



Baptiste Girard

PASTRY CHEF INSTRUCTOR
ÉCOLE VALRHONA

“ The *Komuntu* couverture is the star of this dessert, enabling it to reveal every aspect of its character. The mint’s freshness enhances its aromatic notes, and its powerful flavor is the perfect counterpoint to the tangy forest fruit. ”



MAKES 24 DESSERTS

KOMUNTU 80% AND MINT MILK ICE CREAM

1,190g	Whole milk
150g	Fresh mint
11g	Heavy cream 36%
65g	1% fat dry milk
80g	Sugar
95g	Glucose powder DE 33
75g	Invert sugar
7g	Combined stabilizer
335g	KOMUNTU 80%
2,008g	Total weight

Mix half the milk with the mint for 30 seconds. Strain and adjust the weight if necessary. Pour the milk, cream and dry milk into the mixture. At 85°F (30°C), add the sugars (sugar, powdered glucose and invert sugar). Once it is at 115°F (45°C), incorporate the stabilizer and emulsifier mixture with a portion of the sugar you used initially (approx. 10%). At 140°F (60°C), pour a bit of the liquid on the chocolate. Mix with an immersion blender to form a perfect emulsion. Add the rest and pasteurize at 185°F (85°C) for 2 minutes. Blend to homogenize, then quickly cool to 40°F (4°C). Leave the mixture to sit for at least 6 hours at 40°F (4°C). Mix using an immersion blender and churn while between 15/20°F (-6°C to -10°C).

GLUCOSE-BASED LIQUID STARCH

530g	Whole milk
15g	Potato starch
40g	Glucose DE 60
595g	Total weight

Mix together a small portion of the cold milk with the potato starch, and set aside. Heat the rest of the milk with the glucose between 185°F (85°C) and 195°F (90°C). Pour part of the hot glucose milk over the milk-starch mixture. Put everything back in the cooking appliance and bring to a boil.

KOMUNTU 80% INTENSE WHIPPED GANACHE

560g	Glucose-based liquid starch
290g	KOMUNTU 80%
200g	Heavy cream 36%
1,050g	Total weight

Gradually combine the hot liquid starch with the chocolate. Immediately mix using an immersion blender to make a perfect emulsion. Add the cold heavy cream. Mix again very briefly. Cover the mixture's surface with plastic wrap, store in the refrigerator and leave to set for at least 12 hours. Whisk until the texture is consistent enough to use in a piping bag or with a spatula.

COCOA GLAZE

300g	Mineral water
385g	Sugar
130g	Cocoa powder
260g	Heavy cream 36%
21g	Gelatin powder 220 Bloom
105g	Water for the gelatin
1,201g	Total weight

Bring the water and sugar to a boil, then add the cocoa. Heat the cream and add it to the syrup. Bring the whole to a boil and add the rehydrated gelatin. Leave to set for 12 hours before use.

COCOA NIB OPALINES

230g	Sugar
230g	Glucose DE 35/40
230g	Petit gâteau
70g	Cocoa nibs
760g	Total weight

Cook the sugar, fondant glaze and glucose at 330°F (165°C). Add the cocoa nibs. Pour onto a silicone baking mat. Leave to cool completely and grind into a powder. Store in a dry place.

FOREST FRUIT COOKING JUICES

265g	Raspberries
105g	Blackberries
105g	Fresh blueberries
105g	Blackcurrant
55g	Redcurrant
55g	Water
50g	Sugar
10g	Fresh mint
15g	Blackcurrant purée
5g	Lime juice
770g	Total weight

Place all ingredients in a vacuum bag. Bake in a steam oven or in a pan of water at 185°F (85°C) for 45 minutes. Drain it while it is still hot until it has completely cooled. Keep the cooking juices for use with the vinegar-flavored forest fruit juice.

VINEGAR-FLAVORED FOREST FRUIT JUICE

325g Forest fruit cooking juices
80g Raspberry vinegar

405g Total weight

Mix together the 2 ingredients.

FOREST FRUIT PICKLES

95g Raspberries
55g Blackberries
55g Fresh blueberries
35g Blackcurrant
20g Redcurrant
260g Vinegar-flavored forest fruit juice

520g Total weight

Cut your fruit into 2, depending on the size.
Add the fruit to the vinegar-flavored juice and leave to settle for at least 24 hours.

FOREST FRUIT JELLY

145g Vinegar-flavored forest fruit juice
1g Agar-agar
2g Gelatin powder 220 Bloom
10g Water for the gelatin

158g Total weight

Heat the vinegar-flavored fruit juice.
Add the agar and bring to a boil.
Add the rehydrated gelatin.
Pour immediately.

P125 COCOA NIB SHORTCRUST PASTRY

90g **P125 CŒUR DE GUANAJA**
170g European-style butter
80g Eggs
310g All-purpose flour
120g Confectioner's sugar
25g Extra-fine blanched almond powder
15g **Cocoa nibs**
3g **Salt**

810g **Total weight**

Mix the P125 Cœur De Guanaja chocolate melted to 95°F (35°C) with the creamed butter.
Gradually add the cold eggs.
Combine the mixture with the flour, confectioner's sugar, almond flour, the ground nibs and salt.
Briefly stir all these ingredients together.
Spread out immediately.

MINT CRÉMEUX

160g Whole milk
30g Fresh mint
135g Heavy cream 36%
45g Sugar
2g Pectin X58
45g Eggs
1g Gelatin powder 220 Bloom
5g Mineral water
25g European-style butter

448g Total weight

Blend the milk with the mint for 30 seconds.
Strain. Adjust the weight of milk if necessary.
Heat the milk and cream. Once it has reached 105°F (40°C), add the sugar-pectin mixture and bring to a boil.
Add the eggs and hydrated gelatin and mix, while also adding in the butter.
Set aside or pour out immediately.

FOREST FRUIT CONFIT

340g 100% Meeker raspberry purée
170g 100% Blackdown and Andorine
blackcurrant purée
170g Blackberry purée
35g Sugar
35g Glucose powder DE 33
9g Pectin NH
15g Lime juice
25g Blackcurrant purée

799g Total weight

Heat the purées. Once they have reached 105°F (40°C), add in the sugars and pectin, which you have mixed together.
Bring the mixture to a boil.
Add the lime juice and blackcurrant purée.

KOMUNTU 80% COCOA NIB ICE CREAM COATING

465g **KOMUNTU 80%**
65g Grape seed oil
70g **Cocoa nibs**

600g Total weight

Melt the chocolate couverture and add the oil and nibs.
Set aside.

KOMUNTU 80% SPRAY MIX

90g **Cocoa butter**
210g **KOMUNTU 80%**

300g Total weight

Melt all the ingredients together then spray at a temperature of 105/115°F (40/45°C).

FOREST FRUIT PICKLE COMPOTE

540g Forest fruit confit
270g Pickled forest fruit
40g Redcurrant
80g Blackberries
80g Raspberries
40g Blackcurrant
40g Fresh blueberries

1,090g Total weight

Mix the confit and add the drained pickled fruit and chopped forest fruit.
Set aside.

ASSEMBLY AND FINISHING

Make the Komuntu and mint milk ice cream, whipped ganache, cocoa glaze and cocoa nib opalines. Make the cooking juices and use them to make the vinegar-flavored forest fruit juice. Prepare the pickled forest fruit.

Churn the ice cream and pipe 30g into ring-shaped molds (Silikomart SF268). Freeze.

Make the P125 shortcrust pastry and spread it out to 2mm. Freeze it and cut it into rings using an 8.5cm diameter perforated cutter and a 5.5cm diameter cutter. Bake at 300°F (150°C) for 20 minutes.

Make the forest fruit jelly and pour it into a 40×30cm frame on a silicone mat. Leave to cool. Using a 5.5cm diameter cutter, cut out jelly circles. Store in the refrigerator with its surface covered with a sheet of guitar paper.

Make the mint crèmeux and pour 15g into flexipan ring-shaped molds (Silikomart SF269). Freeze.

Make the forest fruit confit, turn out the mint crèmeux and soak each one in the confit. Freeze. Cool down the remaining confit and keep it for the compote.

Whip up the whipped ganache, taking care to retain its supple texture. Pipe 20g into ring molds (Silikomart SF268), put in place the mint confit crèmeux insert and cover it with 10g of whipped ganache, smoothing the surface so it is level. Freeze.

Make the Komuntu cocoa nib ice-cream coating, turn out the rings of ice cream and dip them in the glaze so they are completely covered. Freeze. Spread some pre-crystallized Komuntu couverture between two guitar sheets and cut it into rings with an outer diameter of 9cm and a 7.5cm hole in the middle.

Spread some Komuntu couverture over a sheet of guitar paper using a fine comb. Use a stylus with a rubber tip to connect the lines together into petal shapes and curve them by setting them on a U-shaped mold. Leave to set.

Sprinkle the cocoa nib opaline onto a lightly greased silicone mat which you have covered with a petal-shaped stencil. Put the opalines in the oven at 355°F (180°C) for 2 minutes. Once out of the oven, turn the silicone mat over onto a sheet of parchment paper, then roll it over on itself to peel off the opalines. Bake them in the oven at 300°F (150°C) for a few seconds so that they take on a curved shape. Store in a hermetically sealed box away from any moisture.

Turn out the ring-shaped Komuntu decorations and put them in the freezer. Make the spray mix and use a spray gun to apply a light velvety covering to the decorations.

Heat the cocoa glaze to 68/72°F (20/22°C), turn out the rings of whipped ganache and glaze them. Place them directly onto the P125 shortbread. Store at 40°F (4°C). Make the forest fruit compote.

ASSEMBLY

Arrange three dabs of whipped ganache on the back and top of each ice cream ring to stick it to the bottom of the plate.

Pipe 10g of whipped ganache into the base of the ring.

Put in place a shortbread with the glazed assembly on top.

Add 40g of forest fruit compote to the center of the ring.

Place a fine piece of forest fruit jelly to cover up the center.

Turn out the petal-shaped Komuntu decorations. Arrange three opalines and three decorations so that they are alternating and slightly overlapping.

Finish off by placing the chocolate ring on the edge of the assembly.