

Raspberry Inspiration & tarragon frozen dessert cups




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Raspberry Inspiration & tarragon frozen dessert cups

AN ORIGINAL RECIPE BY *L'École Valrhona*

Makes ten 100g desserts in glasses

Difficulty level

Prepare a day in advance:

RASPBERRY INSPIRATION
iced mousse
Iced vanilla parfait

Make on the day:

Streusel (made without
wheat flour)
Tarragon gel

You will need:

Hand blender
Piping bag
Thermometer

RASPBERRY INSPIRATION ICED MOUSSE

Preparation time: 15 minutes

Freeze for: 2 hours

Whipped cream

95g Whipping cream

To make the whipped cream:

Beat the cream until it is frothy, then set it aside in the refrigerator.

Swiss meringue

30g Egg white
40g Caster sugar
20g Honey

To make the Swiss meringue:

Heat the egg whites to 55°C in a bain-marie along with the sugar and honey, then beat them using a hand blender until they have cooled.

Raspberry Inspiration ganache

70g **RASPBERRY INSPIRATION**
155g Raspberry purée
2g Gelatine

To make the Raspberry Inspiration ganache:

Melt the **RASPBERRY INSPIRATION**.

Heat the fruit purée in a saucepan, then take it off the heat and add the rehydrated gelatine.

Pour the hot mixture into the melted **RASPBERRY INSPIRATION** in 3 stages and stir it in.

Blend with a hand blender to perfect the emulsion.

Mix the ganache with the Swiss meringue, then add the whipped cream.

Use a piping bag to pipe 40g of the mixture into each glass and set them aside in the freezer until they have completely set.

EQUIVALENTS

PASSION FRUIT INSPIRATION	YUZU INSPIRATION	STRAWBERRY INSPIRATION
70g	70g	70g

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(continued)

ICED VANILLA PARFAIT

Preparation time: 20 minutes

Freeze for: 2 hours

170g Whipping cream
85g Whole milk
1 **NOROHY TADOKA**
85g Caster sugar
60g Egg yolks

Whip the cream until it is frothy, then set it aside in the refrigerator.
To make the custard, pour the whole milk and 1 **TADOKA** gem into a saucepan, then bring this to a simmering boil.
In a separate bowl, combine the sugar and egg yolks without letting them blanch.
Stir in a third of the hot milk.
Return the mixture to the saucepan and heat to 82°C.
Strain the custard and let it cool quickly.
Once it has cooled, gently fold in the whipped cream.
Pour 35g into each glass and set them aside in the freezer.

STREUSEL

Preparation time: 10 minutes

Bake for: 15 minutes

25g Ground almonds
20g Rice flour
5g Potato starch
25g Unsalted butter
25g Brown sugar

Sift together the ground almonds, rice flour and potato starch.
Cut the cold, finely cubed butter.
Using the paddle attachment in a stand mixer, mix all the ingredients together until they form a single smooth ball of dough.
Sift this dough through a sieve or skimmer so that it forms evenly sized pieces.
Spread the streusel evenly on a baking pan and bake at 150°C for approx. 15 minutes.

TARRAGON GEL

Preparation time: 10 minutes

Refrigerate for: 2 hours

1g Gelatine
100g Water
15g Lemon juice
10g Caster sugar
5g Fresh tarragon

Bloom the gelatine.
Bring the water, lemon juice and sugar to a simmering boil in a saucepan.
Take the pan off the heat and stir in the gelatine.
Cover the mixture's surface with clingfilm and refrigerate for 2 hours.
Once it has cooled, add the tarragon to the mixture and blend with a hand blender.

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ASSEMBLY

Preparation time: 5 minutes

Fresh raspberries

Take the glasses out of the freezer. Add 10g of tarragon gel to each glass, then top this with fresh raspberries. Place the streusel in small ramekins. Serve as soon as possible.

Chef's tip:

You can adapt this recipe using PASSION FRUIT, YUZU, or STRAWBERRY INSPIRATION by switching both the Inspiration couverture and the fruit purée in the mousse.

The gel can also be made with other aromatic herbs such as basil or mint.