

Fruit Baba – Blueberry and Pomegranate



0 made it | 0 reviews



- Sub Category Name
Food
Sweets
- Recipe Source Name
Shangri-la Tea Cuisine
Real High Tea
- Activities Name
Real High Tea

Used Teas



t-Series Blueberry & Pomegranate

Ingredients

Fruit Baba – Blueberry and Pomegranate

- 100g Milk
- 10g Yeast
- 225g Cake flour
- 20g Sugar
- 5g Salt

- 125g Egg
- 50g Butter

For the light syrup

- 400g Water
- 200g Sugar
- 30g Dilmah Blueberry and Pomegranate Tea

Other Ingredients

- Whipped cream
- Crystalized tea leaves
- Fresh fruits

Methods and Directions

Fruit Baba – Blueberry and Pomegranate

- Heat the milk, add in the yeast.
- Add flour, sugar and salt in a bowl.
- Pour the liquid and eggs into the bowl and mix.
- When the dough starts to be good, add in the butter.

For the light syrup

- Boil some water and add the tea. Cover for a few minutes.
- Drain the infusion.
- Take some soft butter (or cream cheese) and the tea and put into the cutter machine.
- When the butter (or cream cheese) is ready, use a drainer. No need to have leaves.

Assembly / Finishing

- For the syrup, boil the water, sugar and add the tea.
- Take the mould, any one, small, long, depend the one you will use later, fill the dough at 25%.
- Prove the dough until it reach nearly the top of the mould.
- Cook the baba at 170°C.
- The small will be ready fast.
- For the big mould check it by yourself.
- The baba must be really dry and cook.
- More they will be dry more they will be nice.
- Dip the baba inside the syrup, not too hot, they will explode.
- The syrup must be warm.
- When ready, take them out.



- For the crystalized tea leaves:
- Boil the water and add the green tea leaves.
- Drain the leaves and let them dry, no water.
- Brush with the egg white and deep them into the sugar.
- Put the leaves nicely on the tray and let them becoming crunchy.
- It takes 2 or 3 days.
- As soon as the baba are ready to use, use a piping bag for the whipped cream, cut some fruit, mint.