

LYCHEE WITH ROSE AND ALMOND BITTER CHOCOLATE BAR



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- Sub Category Name
Food
Desserts

- Recipe Source Name
Real High Tea 2014/15 Volume 2

Used Teas



t-Series Lychee with
Rose & Almond

Ingredients

LYCHEE WITH ROSE AND ALMOND BITTER CHOCOLATE BAR Lychee with Rose and Almond Marshmallow

- 4.5g silver leaf gelatin
- 50ml hot water (from jug)
- 1 tbsp Dilmah Lychee with Rose and Almond, loose leaf tea
- 20g egg whites



- 115g castor sugar
- 30ml water
- 20g liquid glucose

Lychee Jelly

- 250g Ponthier lychee purée
- 5g pectin and 25g castor sugar mixed together
- 200g castor sugar
- 67.5g glucose
- 3 g tartaric acid

Almond Sable

- 100g butter (cold)
- 100g sugar
- 250g plain flour
- 15g ground almonds
- 1/4 tsp almond extract
- 1 egg

Dilmah Lychee with Rose and Almond Tea Syrup

- 1 cup mineral water
- 3 tsp Dilmah Lychee with Rose and Almond, loose leaf tea
- 1 cup sugar
- 1 tbsp liquid glucose
- Juice of 1 lemon

Methods and Directions

LYCHEE WITH ROSE AND ALMOND BITTER CHOCOLATE BAR

Lychee with Rose and Almond Marshmallow

- Soak the leaf gelatin in cold water till softened.
- Brew the tea leaves in 50ml of hot water for 5 minutes.
- Squeeze the water out of gelatin and add to the brewing tea. Stir to dissolve and strain.
- Place the egg whites into a bowl and start mixing on a low speed.
- Place the sugar and 30ml water in a saucepan and stir to mix. Bring to a boil. Continue boiling till the syrup reaches 121°C.
- Remove from the heat and gently pour over the egg whites, while continuing to whisk. Once it is all incorporated, whisk for a further 34 minutes.
- Lastly add the gelatin and tea mixture and whisk for a further 34 minutes until cool.



- Spread evenly, about ½ cm in thickness, into a lightly greased tray and chill till set.
- Once set, cut into desired shape.

Lychee Jelly

- Warm purée in a saucepan to about 40°C, sprinkle in sugar and pectin mixture stirring vigorously.
- Bring to a boil and boil for 23 minutes.
- Fold in 200g castor sugar slowly without letting it stop boiling.
- Warm glucose in microwave and add to mixture. Cook to 106°C and turn off the heat and stir in tartaric acid quickly.
- Pour immediately into a gastro tray lined with paper and greased. Leave to set on bench. Cut into desired shape once set.

Almond Sable

- Place the flour in a large bowl. Grate the butter into the flour and gently rub the butter into flour to form crumbs.
- Add the ground almond and mix to combine. Make a well in the centre of the bowl.
- Mix together the sugar, almond extract and egg. Pour into the well in the centre. Gently mix together to combine.
- Remove dough from the bowl and wrap in cling film in the fridge. Rest for at least 30 minutes.
- Remove from fridge and roll out to 3mm thickness on a floured bench.
- Cut into desired shape and arrange on a lined baking sheet. Place back in the fridge and rest for 15 minutes.
- Cook at 180°C for around 8 minutes or until golden.
- Once cooked the edges may need to be trimmed as they slightly spread during the cooking process.

Dilmah Lychee with Rose and Almond Tea Syrup

- Bring the mineral water to a boil, remove from the heat and add the tea leaves.
- Infuse the tea for 5 minutes. Strain the liquid off, and add the sugar and glucose.
- Place back on the heat and gently boil and reduce till the syrup reaches 110°C.
- Remove from heat and add the juice of 1 lemon. Set aside to cool completely.
- Assemble.