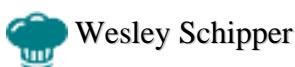
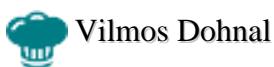


HONEY CUSTARD ON SABLE WITH LAVENDER FOAM & HONEY JELLY

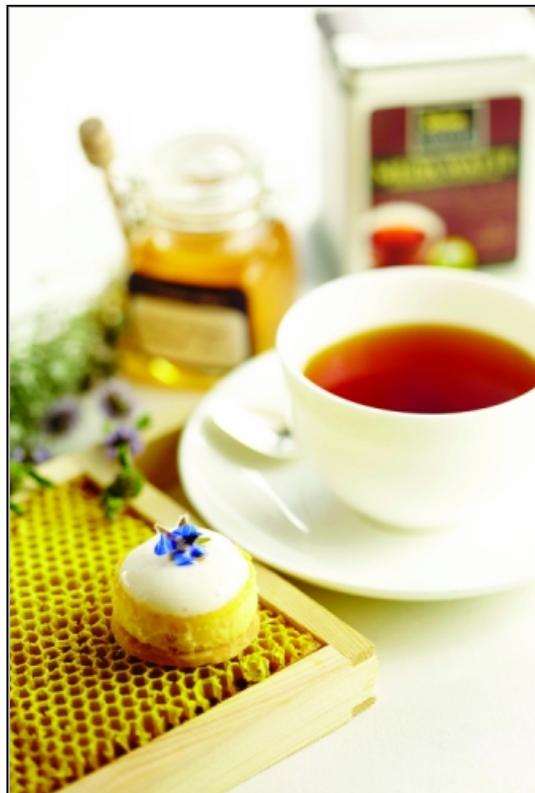


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- Sub Category Name
Combo
Desserts

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



Ingredients

HONEY CUSTARD ON SABLE WITH LAVENDER FOAM & HONEY JELLY

Honey Custard

- 500ml heavy cream
- 10 egg yolks
- 120g good quality honey

Sable

- 250g cold butter
- 325g flour
- 100g icing sugar
- 3 egg yolks

- 25g icing sugar

Lavender Foam

- 200g glucose
- 300ml water
- 50g sugar
- 40g fresh lavender or 5g dried
- 2g salt
- 2 gelatin leaves

Honey Jelly

- 150g excellent quality honey
- 250ml white wine
- 250ml water
- 3 gelatin leaves

Methods and Directions

HONEY CUSTARD ON SABLE WITH LAVENDER FOAM & HONEY JELLY

Honey Custard

- Bring up the honey to temperature in a medium saucepan.
- Add the cream, then whisk very well.
- Mix the egg yolks through the cream. Keep it on warm temperature.
- Set the oven to 90C. Pour the mixture into a metal or porcelain pie form.
- Cook it at 90C for 1 hour. After one hour the custard should be thick, and shiny on the top.
- Allow to cool. Once it is cold cut out using pastry cutters

Sable

- Whisk the egg yolks with 25g icing sugar. Set aside.
- On a cold surface mix the flour, icing sugar, cold butter, and the egg yolks. As soon as it comes together, form a loaf, and place it in the fridge to rest.
- Slice off pastry into a few centimetre thickness. Roll out between parchment papers to 3mm thickness.
- Use the same ring what we used above, and cut out the sable, lay them gently on an oven tray lined with parchment paper.
- Bake at 160C on half power for 8 minutes.

Lavender Foam

- Bring up the sugar, salt, glucose and water to boil.
- Add the lavender, then cover it straight away with cling film. Let it infuse for 1 hour.
- Soak the gelatin in cold water, add it to the mix.
- Place it in espuma gun. Use 2 chargers. Keep in fridge, shake well before using.

Honey Jelly

- Cook up all ingredients in a medium saucepan.
- Soak gelatin as we know already then mix it through the honey.
- Sieve in a plastic container, place it in a fridge. Cool until it's formed.
- Put a small spoon of the jelly on top of the custard.