CHOCOLATE ICE CREAM SPHERE ENCASED IN DARK CHOCOLATE WITH VANILLA BEAN SHORTBREAD

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- Sub Category Name
  Food
  Desserts

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

Used Teas

Yata Watte

Ingredients

CHOCOLATE ICE CREAM SPHERE ENCASED IN DARK CHOCOLATE WITH VANILLA BEAN SHORTBREAD
Chocolate Ice Cream

- 12 egg yolks
- 1litre cream
- 500g chocolate buttons

Dark Chocolate Shell

- 500g dark chocolate buds

Vanilla Bean Shortbread

- 2 cups all-purpose flour
- 1/4 cup sugar
- 170g butter or margarine, cut into chunks
- 2 large egg yolks
- 50g vanilla paste

Methods and Directions

CHOCOLATE ICE CREAM SPHERE ENCASED IN DARK CHOCOLATE WITH VANILLA BEAN SHORTBREAD
Chocolate Ice Cream

- Heat cream. Add sugar and bring to the boil.
- Add some cream to yolks and mix.
- Fold all ingredients into the cream and slowly stir and thicken on stove.
- Take off heat, add in chocolate buttons and place in fridge to cool.
- Place mix in ice-cream maker. Churn and freeze.

Dark Chocolate Shell

- Roll chocolate ice-cream through dark chocolate buds and place in freezer till needed.

Vanilla Bean Shortbread

- In a bowl, combine flour and sugar. Add butter and, with your fingers, rub into the flour mixture until well combined. Stir in egg yolks until dough holds together.
- Alternately you can blend flour, sugar, and butter in a food processor until mixture resembles fine crumbs; add yolks and vanilla paste and whirl until dough holds together.
- With your hands, press dough firmly into a smooth ball, kneading a bit to help bind the dough.

(At this point, you may wrap the dough airtight and refrigerate up to 1 week. Bring it back to room temperature before using.)

- Use the dough and make it into sticks by rolling by hand to desired length.
- Bake in a 150°C oven uncovered, until lightly browned, for 8 to 10 minutes.
- Set aside to cool.