

DUO ALMOND AND PISTACHIO MILK PARFAIT



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 Ferdy Iman Harefa

 Fandy Wijaya Adi

Overlooking the breathtaking seaside, Sheraton Bali Kuta is known for its iconic hospitality, fabulous dining experiences and serene relaxation. This beautiful hotel is located at the very heart of Kuta, just steps away from the city's myriad attractions. Represented by Fandy Wijaya Adi & Ferdy Iman Harefa.



- Sub Category Name

Combo

Appetisers

- Recipe Source Name

Real High Tea 2014/15 Volume 1

Ingredients

DUO ALMOND AND PISTACHIO MILK PARFAIT

Almond Parfait

- 300g Almond Slices
- 800ml Warm Water
- 2Pcs White Eggs
- 30g Crystal Sugar

Poached Asian Pears

- 250g Asian pears, cored and quartered
- 25g ginger, thinly sliced
- 1 Pcs vanilla bean, split and scraped, pod reserved

- 200g brown sugar
- 800ml water
- 50g edible bird nest
- 5g Kichi
- 50g Chinese dates

Methods and Directions

DUO ALMOND AND PISTACHIO MILK PARFAIT

Almond Parfait

- Soak almond slices in cold water and place in the chiller overnight.
- The next day, strain the almond slices and place in blender.
- Add enough warm water to cover the almond slices and blend until smooth.
- Then gradually add the rest of the water, blending for another 2 minutes.
- Filter the mixture through the cheese cloth.
- Bring to boil on medium heat, snip the dates with scissors and add into almond milk with crystal sugars and kichi.
- Simmer on low heat for 10-15 minutes.
- Lightly beat the egg whites and pour into the almond milk.
- Lightly stir to loosen, turn off the heat immediately.
- Place the almond parfait into glass/cup and keep refrigerated overnight.
- Keep the Chinese dates and kichi aside for garnish.

Poached Asian Pears

- Bring ginger, vanilla seeds and pod, sugar and water to a boil in a small saucepan for 3 minutes.
- Pour mixture over pears.
- Press a piece of parchment paper directly on surface and refrigerate until cold.
- Garnish the almond parfait with edible bird nest, kichi, Chinese dates and poached pears.