



MANDARIN PARFAIT WITH GRAPEFRUIT BURST



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Used Teas



Yata Watte

Ingredients

MANDARIN PARFAIT WITH GRAPEFRUIT BURST



Mandarin Parfait

- 100g yolks
- 100g sugar
- 200g cream
- 9g gelatin
- 5zest
- 81g mandarin purée (20%)
- 2 drops colouring, orange

Coconut Dacquoise

- 200g blanched almond meal
- 60g plain flour
- 240g icing sugar
- 300g egg whites
- 135g sugar
- 100g desiccated coconut

Feuilletine Spread

- 400g dark chocolate
- 150g Feuilletine

Methods and Directions

MANDARIN PARFAIT WITH GRAPEFRUIT BURST

Mandarin Parfait

- Place the gelatin leaves in cold water to soften.
- Whip the cream to a soft peak and place in the fridge.
- Start whisking egg yolks.
- Heat the sugar and 30ml of water over a medium heat. Swirl the pan to ensure all the sugar is dissolved.
- Use a thermometer to monitor the temperature of the sugar syrup. Once it reaches 121C, reduce the mixer speed and carefully pour the syrup over the egg yolks. This mixture is called 'Pate a Bombe'.
- Increase the mixer speed to full and whisk until cool.
- In the meantime zest the mandarins over the bowl of whipped cream.
- Fold 1/3 of the whipped cream into the Pate a Bombe followed by the remaining 2/3.
- Squeeze excess water from the gelatin and melt over a low heat. Add to the parfait mixture, mix well and pour into a lined tray.
- Freeze overnight.



- Work quickly, remove from the tray and cut into desired pieces. Keep parfait in the freezer until ready to serve.

Note

- This recipe doesn't work with a smaller quantity as the mixer won't whisk properly. The parfait will freeze well for up to 2 weeks.

Coconut Dacquoise

- Sift together the almond meal, plain flour and icing sugar.
- Whisk the egg whites in a stand mixer until soft peaks form, gradually adding the sugar.
- Take the mixture off the machine and gently fold through the sifted dry ingredients, along with the desiccated coconut.
- Spread onto two silicone baking paper-lined trays, 400g per tray, and bake at 160C for 6 minutes, or until cooked.
- Remove from the oven and immediately transfer to a wire rack to cool as fast as possible.

Feuilletine Spread

- Melt the dark chocolate and mix in the Feuilletine.
- Spread evenly onto the Dacquoise once they have cooled.
- Place into the freezer.

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