

## ASTRAL WHEEL CINNAMON SABLE, DARK CREMEUX WITH GINGER & BOUDOIR BISCUIT



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Saw Aung Kyaw Khaing



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Shangri-La Hotel Dubai offers you life at its best. Located in the heart of Dubai the hotel with its stunning view also opens its door to some of the finest 5-star dining options in the city. Andreas Andersson & Saw Aung Kyaw Khaing .

- Sub Category Name  
Combo  
Desserts
- Recipe Source Name  
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### Ingredients

#### ASTRAL WHEEL CINNAMON SABLE, DARK CREMEUX WITH GINGER & BOUDOIR BISCUIT

##### Cinnamon Sable

- 200g butter
- 200g raw brown sugar
- 60g sugar
- 10g cinnamon powder
- 2g salt
- 50g egg
- 15ml milk
- 400g flour
- 6g baking powder



## **Chocolate Cremeux**

- 250ml milk
- 250ml cream
- 100g yolk
- 25g eggs
- 90g sugar
- 350g Manjari chocolate 64%

## **Ginger Jam**

- 300g candied ginger
- 500g mineral water
- 1 stick lemongrass
- 3g fresh coriander
- 50g lychee purée

## **Lady Finger**

- 180g egg white
- 85g sugar
- 120g egg yolk
- 80g flour T45
- 80g potato starch

## **Methods and Directions**

### **ASTRAL WHEEL CINNAMON SABLE, DARK CREMEUX WITH GINGER & BOUDOIR BISCUIT**

#### **Cinnamon Sable**

- Mix soft butter with white and brown sugar.
- Add the eggs and milk followed by the flour, baking powder, cinnamon powder and salt. Store in a chiller for 12 hours. Lamine the dough at 2 with the dough sheeter.
- Cut with 6.5cm diameter round cutter.
- Bake at 170°C for about 15 minutes.

#### **Chocolate Cremeux**

- Make an Anglaise with the milk, the cream, the yolk, the eggs and sugar.
- Cook to 84°C. Pour over the melted chocolate.
- Bamix and pour in to a container. Keep in chiller till required.



## Ginger Jam

- Boil the water and pour over the candied ginger. Add the lemongrass and infuse overnight. The next day strain and blend with the lychee purée till it becomes a paste.
- Chop the coriander and add it to the paste.
- Strain the paste for 4 hours in a cloth bag before using. Keep in a chiller till needed.

## Lady Finger

- Arrange a meringue with whites and sugar.
- While the meringue is whipping, sift the flour and starch together.
- When your meringue is stiff reduce the speed and slowly add the yolk into it.
- Remove from the mix and fold the powder gently till it is blended.
- Pipe the sponge as a macaroon of 2.5cm diameter.
- Apply icing sugar twice, bake at 220°C for about 5-7 minutes.

## Chocolate Disc

- Cut a ring using a large cutter of 6.5cm and a small cutter of 3.5cm.
- Transfer the details of the Chinese Astral Wheel onto this.

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