

WILD BLUEBERRY ELIXIR SPHERE



0 made it | 0 reviews



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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
Real High Tea 2014/15 Volume 1

Ingredients

WILD BLUEBERRY ELIXIR SPHERE

- Hazelnut Croquant
- 480g egg white
- 1800g icing sugar
- 1800g roasted hazelnuts
- 75g coffee extract

Blueberry Elixir

- 300g wild blueberry
- 40g raspberry
- 20g red currant
- 40g blackberry
- 40g brown sugar
- 30g sticky brown sugar



- 1 cinnamon quill
- 3 cardamom pods
- 1 clove
- 2 black peppers ground
- 30g sugar
- 5g pectin NH

Chocolate (sugar free) Boudoir Biscuit Berry Mousse

- 200g berry elixir
- 1 sheet gelatin
- 150g whipping cream
- 50g Italian meringue

Butter Cream

- 90g milk
- 70g yolk
- 90g sugar
- 175g Italian meringue
- 375g butter

Italian Meringue

- 125g egg white
- 15g sugar N1
- 250g sugar N2
- 75g mineral water

Methods and Directions

WILD BLUEBERRY ELIXIR SPHERE

- Put all ingredients together into a pot and warm up to 60°C.
- Pour the mix into a Robot-Coupe and blend till it becomes a paste.
- Spread the paste on a silpat at 1.5cm thickness. Store in freezer for 4 hours and roll down to 2mm thickness.
- Bake at 175°C for about 10-15 minutes.

Blueberry Elixir

- Mix the berries with brown sugar and sticky brown sugar. Add the spices and keep in a chiller for 24 hours.
- The next day, boil the berries for about 2/3minutes.



- Remove from the stove and remove the spices.
- Blend with bamix and add the sugar mixed with the pectin NH while blending.
- Bring back to boil for 2/3 minutes again. Cool down and store in chiller.

Chocolate (sugar free)

- Mold 3 cm diameter chocolate sphere with Xocoline dark 65%

Berry Mousse

- Heat the purée and add the bloomed gelatin then mix till it's properly melted.
- Mix the whipping cream and Italian meringue together and add the purée at 30°C. Use directly.

Boudoir Biscuit

- Refer to astral wheel

Butter Cream

- Make an anglaise with the milk, yolk and sugar.
- Stop cooking at 84°C and put the mix into mixing machine bowl.
- Cool down the mix slow speed with a whisk.
- When it reach 35°C raise up the speed and add the soft butter gradually.
- When the butter is well blended fold it in with the Italian meringue.

Italian Meringue

- Bring sugar N2 and water to 119°C.
- Start to whip the whites as soon as the syrup reach 116°C and add sugar N1 gradually.
- At 119°C, remove from the stove and add the syrup slowly into the meringue.
- Mix at fast speed for 1 minute and slow down to cool down.