



## Subtle



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A green-golden choux bun filled with pea and fresh mint puree, topped with a sesame, sunflower and pumpkin tuille, served with spring vegetables and garnished with baby basil.

- Sub Category Name  
Food  
Main Courses

- Recipe Source Name  
Dilmah Real High Tea Global Challenge 2015

## Ingredients

### SUBTLE

#### Green Golden Choux Bun

- 125ml Milk
- 125ml Water
- 5g Salt
- 12g Sugar
- 125g Butter
- 150g Plain Flour
- 5 Eggs
- 5g Green Food Colour Powder

#### Pea And Fresh Mint Puree

- 80g Spring Onion, finely chopped

- 250g Fresh Peas
- 30ml Water
- 1 bunch Fresh Mint leaves

## Sesame, Sunflower And Pumpkin Tuille

- 200g Sugar
- 75g Plain Flour
- 100ml Water
- 25g Glucose
- 30g White Sesame Seeds
- 30g Black Sesame Seeds
- 30g Sunflower Seeds
- 30g Pumpkin Seeds
- 125g Melted Butter

## Spring Vegetables

- 2 Whole Baby Zucchinis
- 100g Green Beans
- 100g Asparagus

## Methods and Directions

### SUBTLE

#### Green Golden Choux Bun

- Place water, milk, salt, sugar and butter in a saucepan over medium heat.
- Bring just to a boil, and at once add all the flour to the milk and butter mixture and using a wooden spoon, beat until well combined.
- Place over low heat and cook, stirring, for 1-2 minutes or until the mixture forms a ball and begins to come away from the side of the saucepan.
- Transfer to an electric mixer and beat on medium speed.
- Allow to cool slightly, and then, on a low speed, add the eggs one by one making sure the egg mixes completely in before adding the next (you may not need all the eggs).
- Beat until the mixture just falls from the spoon but still holds its shape.
- Add in the green food colour powder and make sure it is completely combined into the mix.
- Preheat oven to 180°C. Brush a baking tray with oil to lightly grease.
- Use a pastry bag fitted with a piping nozzle to pipe the shape of 4cm circles onto the baking tray.
- Bake in pre-heated oven for 25 minutes or until the éclair pastry is puffed and golden.
- Remove from oven and turn the oven off.
- Using a skewer or a small knife, pierce the base (or top) of each profiterole to release the steam.
- Return the profiteroles to the oven and leave them for 15 minutes to dry out.

- Remove the profiteroles from the oven and transfer to a wire rack to cool.

## Pea And Fresh Mint Puree

- In a small saucepan, sweat the spring onions and add the fresh peas. Cook peas until mushy and then season with salt and pepper. Take off the heat and place into a blender with the fresh mint and water, and blend until a smooth texture forms. Reserve under refrigeration until needed.

## Sesame, Sunflower And Pumpkin Tuille

- Bring to a boil the sugar, water and glucose. Add the butter.
- Mix all the dry ingredients together and then add to the wet ingredients and stir.
- Take off heat and allow to cool completely so the mix does not split.
- Preheat the oven to 180°C. Place 2 heaped spoonfuls on to a baking tray lined with baking paper and place another sheet of baking paper on top.
- Roll the mix out thinly into a rectangle shape and place into the oven.
- Bake for 15 minutes or until golden brown.
- Take out of the oven and roll out thinly.
- Remove the baking paper and when the mix has slightly cooled cut out six 4cm circles and reserve until needed.

## Spring Vegetables

- Bring a large pot of water to boil over high heat.
- Top and tail the green beans, break off the base from the asparagus and using a peeler, peel slices of the zucchini.
- Just before blanching the vegetables, add a couple of tablespoons of salt to the boiling water.
- Blanch each vegetable separately – lighter coloured ones first, as darker coloured ones will tinge the water and subsequent vegetables.
- After about 30 seconds, test for doneness. Remove one piece; dip it into a bowl of ice water, and taste.
- Keep tasting every 30-60 seconds until the vegetables are cooked to your liking. Most vegetables take between 2-5 minutes.
- When the vegetables are done, quickly remove them from the boiling water with a slotted spoon and plunge them into the ice bath to stop the cooking process.
- When the vegetables are completely cool, remove them from the ice bath and drain on a towel-lined plate.