

QUINDIM



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Alpesh Dias

Baked coconut cake served with pistachio sabayon and meringue sticks.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015



Ingredients

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Sabayon

- 250g Pistachio
- 400ml Cream
- 100ml Milk
- 45g Sugar
- Vanilla Pod

Meringue Sticks

- 250ml Egg Whites
- 500g Icing Sugar
- 10ml Rose Syrup



Ingredients

- 5 Egg Yolks
- 1 Egg White
- 80g Desiccated Coconut
- 100ml Coconut Milk
- 60g Sugar
- 1 pod Vanilla
- Butter 20g
- 15ml Cointreau

Methods and Directions

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- Preheat the oven to 140°C.
- In a large bowl, mix all the ingredients together using a wooden spoon.
- Pour into 16 mini-muffin moulds that have been greased with butter (or a 6 inch -15 cm greased ring mould pan) and sprinkled with sugar on the bottom and on the sides.
- Bake for 20 - 25 minutes, or until an inserted toothpick comes out clean.
- Remove from the oven and let the cakes cool on a rack. Place a plate over the baking pan and invert the warm custard on a plate (It is very important not to unmould the custard while hot, because it will break, or cold, because it will not leave the pan easily). Run a small metallic icing spatula around the edges to unmould the custard, if necessary.
- Let it cool down completely and refrigerate for three hours.
- Serve with pistachio sabayon and meringue sticks.