

PEAS AND STRAWBERRIES



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An interesting dish that brings together a pea mousse, strawberries and sable

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

Ingredients

PEAS AND STRAWBERRIES

Sablé

- 0.40kg Flour
- 0.15kg Butter
- 0.04kg Fécule
- 0.1kg Almond Powder
- 0.25kg Icing Sugar
- 0.1kg Eggs

Pea Mousse

- 800ml Water
- 400g Peas
- 115g Sugar

- 8g Gelatin
- 114g Whipped Cream
- 57g Egg Whites

Strawberries

- 215ml Strawberry Juice
- 45g Sugar
- 10g Fécule
- 70g Gelatin
- 25ml Lime juice
- 25g Grand Marnier
- 375g Strawberries, hulled and sliced

Methods and Directions

PEAS AND STRAWBERRIES

Sablé

- Soften the butter. Add your eggs. Finish by adding all other ingredients and mixing through.
Bake at 150°C.

Pea Mousse

- Cook peas with water and sugar until mushy. Blend it and add gelatin. Let it cool and add egg whites and whipped cream. Keep under refrigeration

Strawberries

- Make strawberry juice warm on a stove. Add sugar, fecule and gelatin and boil for one minute. Take off heat and add the Lime Juice and Grand Marnier. Let cool and finally add the strawberries.