

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Fullerton Hotel Singapore

27 April 2006 / 10.00am to 2.30pm

MODERN VACHERIN

Presented by:
SPOON

Serves 8
Ingredients

Meringue

50g Egg whites
50g White sugar
50g Icing sugar

Vanilla Ice Cream

60g Egg yolks
60g White sugar
1 Vanilla bean, scrapped
300g Milk
60g Cream

Strawberry Sorbet

400g Strawberry purée
80g White sugar

Chantilly Cream

300g Cream
30g White sugar
½ Vanilla bean, scrapped

Strawberry Syrup

400g Frozen strawberries
60g Powdered sugar



Method

1. For the meringue: Whip the egg whites to firmness, adding the white sugar little by little. Gently fold in the icing sugar using a spatula. Pour into a pastry bag (ideally with a “10” tip) and pipe evenly-sized squares of 5-cm x 5-cm on a greaseproof paper. Bake in a pre-heated oven at 95°C for 2 hours.
2. For the vanilla ice cream: Whisk the egg yolks with the white sugar. Cook all ingredients at 84°C in a bain marie. Set aside the mixture to cool down before leaving it to set in the refrigerator. Once chilled, churn the mixture in the ice cream machine until frozen. Freeze.
3. For the strawberry sorbet: Heat the strawberry purée and sugar until the sugar is completely melted. Churn the mixture in the ice cream machine and then freeze in the refrigerator.
4. For the chantilly cream: Whip the cream, sugar and vanilla together; keeping the mixture a little runny.
5. For the strawberry syrup: Mix the strawberries and powdered sugar together and cook in a bain marie until the strawberries soak up its juice. Drain the mixture (the juice should remain transparent) and set aside to cool and place in a cool place.

To Serve:

Plate 3 meringue squares and top one meringue with fresh strawberries in the meringue square in the center of the serving plate. Place a scoop of strawberry sorbet in another square meringue and a scoop of vanilla ice cream in the last square meringue. Serve a spoonful of runny chantilly cream on the side of the plate and a little creamer full of strawberry sauce on the other side of the plate.