

ICED BLACKCURRANT PARFAIT

INGRÉDIENTS

Egg yolks	**3 cl**
Sugar	**285 g**
Single cream	**185 g**
Creamed butter	**50 g**
Nectar de Bourgogne Blackcurrant juice	**60 g**
Flour	**30 g**

PRÉPARATION

1. Iced blackcurrant parfait :
2. Make a syrup with the 65 g sugar and a little water.
3. Cook at 115°C and pour over the egg yolks.
4. Beat until you obtain a ribbon. Add the Crème de Cassis de Dijon.
5. Beat the single cream until it becomes frothy.
6. Mix the pâte à bombe and the whipped cream.
7. Fill the rhodoïd tubes. Push firmly down and place in the freezer.
8. Biscuit twists :
9. Mix 50 g creamed butter, 125g of sugar, 30g of flour, 60g de nectar de Bourgogne. Cook on a silpat at 200°C until light brown.
10. Allow to cool and roll round a tube with a diameter of 6cm.

L'abus d'alcool est dangereux pour la santé, à consommer avec modération.