

DESSERT NO. 9

PEACEFUL PASTRY: THE RELAX ISLAND

BY PASTRY CHEF TOVA DU PLESSIS



TEALEAVES
RELAX

CREATED AT THE RITTENHOUSE PHILADELPHIA

INGREDIENTS

THE RELAX ISLAND

TEALEAVES Relax ☺
Mixed Berry Consommé | see below
Poached Meringue | see below
White Chocolate 'Sand' | see below
Lychee Rose Sorbet | see below

TEALEAVES RELAX ☺ MIXED BERRY CONSOMMÉ

2 pints Mixed Berries
50 g Sugar
1 cup Water
2 tsp. TEALEAVES Relax
Whole Leaf Pyramid Teabags
1 tsp. Fresh Ginger
1 tsp. Dried Hibiscus Flowers

POACHED MERINGUE

100 g Egg Whites
140 g Sugar
1 Vanilla Pod | scraped

WHITE CHOCOLATE 'SAND'

200 g White Chocolate
50 g Dry Milk Powder

LYCHEE ROSE SORBET

1100 g Lychee Purée
150 g Glucose Powder
12.5 g Sorbet Stabilizer
50 g Invert Sugar
300 g Sugar
888 g Water
15 g Rose Water

STEPS

THE RELAX ISLAND

Place freshly poached meringue in a bowl. Sprinkle white chocolate 'sand' around the meringue. Cut fresh berries. Toss berries in sugar and lime juice. Arrange berries, fresh flowers and candied violet in bowl. Scoop lychee sorbet. Pour consommé into the bowl at the table. Enjoy!

TEALEAVES RELAX ☺ MIXED BERRY CONSOMMÉ

Place berries and sugar in a bowl over a double boiler. Cover bowl with plastic wrap. Allow to simmer for 1 hour, or until the berries have released all their juice. Pour into a strainer with cheesecloth and allow to hang to collect liquid. Steep contents of TEALEAVES Relax Whole Leaf Pyramid Teabags with ginger and hibiscus in water for 5 minutes. Strain and add tea to berry consommé.

POACHED MERINGUE

Place egg whites, sugar and vanilla seeds in the bowl of an electric mixer. Place over a pot of boiling water and whisk until mixture is hot and sugar is dissolved. Place bowl in mixer with the whip attachment and whip on high until shiny and stiff. Deposit into molds or quenelle into a pan and place in a steam oven for 8-10 minutes at 185°F.

WHITE CHOCOLATE 'SAND'

Lay white chocolate on a Silpat on a sheet pan. Place in 300°F oven and stir every 5-10 minutes until chocolate has turned a caramel color and started to appear crumbly. Cool chocolate. Process carefully in a food processor until chocolate resembles a fine sand. Sift in a coarse mesh sifter to gather fine crumbs. Toast milk powder in 350°F oven until caramel color. Combine with the chocolate crumbs.

LYCHEE ROSE SORBET

Heat lychee purée and water in large pot. Whisk in sugars once liquid is hot. Whisk in stabilizer and bring mixture to 192°F. Add rose water. Cool. Spin in ice cream machine.



THE RITTENHOUSE



STEEP WITH US @TEALEAVESCO f t i g
EXPLORE THE COLLECTION AT PALETTEFOROURPALATE.COM