

PROVA
Gourmet

CAVIANI RECIPE BOOK



by Tristan Rousselot



Madagascar Bourbon vanilla, Caramel & Macadamia

ECLIPSE

by Tristan Rousselot

INGREDIENTS

Recipe for 10 portions

BLACK SWEET SHORTCRUST PASTRY

27 g Blanched ground almond
52 g Potato starch
3 g Vegetable carbon
180 g Strong white flour (T55)
1.0 g Fine salt
90 g Icing sugar
95 g Unsalted butter
52 g Whole egg

VANILLA-FLAVORED SOFT CARAMEL

114 g Whipping cream (35% fat)
0.8 g Caviani - Prova Gourmet
76 g Glucose syrup
76 g Sugar
30 g Unsalted butter
2 g Fleur de sel

VANILLA & MACADAMIA SPONGE CAKE

44 g Blanched ground almond
44 g Ground macadamia nut
88 g Icing sugar
105 g Egg
0.8 g Caviani - Prova Gourmet
24 g Strong white flour
77 g Egg white
18 g Sugar

VANILLA & WHITE CHOCOLATE GANACHE

160 g Whipping cream (35% fat)
208 g Satin white chocolate (29% cocoa)
32 g Cocoa butter
0.8 g Caviani - Prova Gourmet

VANILLA MOUSSE

67 g Whipping cream (35% fat)
67 g Pasteurised whole milk
26 g Egg yolk
16 g Hydrated gelatine
0.8 g Caviani - Prova Gourmet
37 g White chocolate (28% cocoa)
186 g Whipping cream (35% fat)

VANILLA NEUTRAL GLAZE

301 g Water
18 g Pure lemon juice
60 g Glucose syrup DE40
156 g Sugar
5 g Pectin X58
60 g Sugar
1 g Caviani - Prova Gourmet





Madagascar Bourbon vanilla, Caramel & Macadamia ECLIPSE

by Tristan Rousselot

PREPARATION

Recipe for 10 portions

BLACK SWEET SHORTCRUST PASTRY

In the bowl of a mixer fitted with a flat beater, rub the cubed butter through the dry ingredients to a crumble. Then add the eggs. When the mixture starts to come together, stop mixing. Do not knead. If necessary, finish mixing by hand, gently kneading to avoid losing the crumbly consistency. Roll out the dough to the desired thickness between two sheets of parchment paper. Leave to rest in the refrigerator overnight. Line 8 cm diameter microperforated metal tart rings. Bake the tart bases and scraps of dough on a baking sheet at 155 °C for 20 min in a fan oven. Allow the tart bases to cool and process the baked scraps to a powder.

VANILLA-FLAVORED SOFT CARAMEL

Heat the cream in a saucepan. In another saucepan, melt the glucose syrup and gradually add the sugar. Cook until you get a light caramel. Next, stop the cooking process by adding the hot infused cream, then bring the mixture back to the boil. Then add the Caviani and the cubed butter. Mix in an immersion blender. Then add the fleur de sel and leave the caramel to cool overnight before using. Place the caramel in the tart bases.

VANILLA & MACADAMIA SPONGE CAKE

In the bowl of a mixer fitted with a whisk, emulsify the ground almonds and macadamia nuts with the sifted icing sugar, whole eggs and Caviani. Add the sifted flour. Whisk the egg whites and stiffen with the sugar, then fold into the mixture. Weigh out 800 g of batter per 40 x 60 cm baking sheet lined with silicone coated baking paper, and bake at 170 °C for 10 min. Allow to cool, then cut out circles of 7cm in diameter. Arrange the sponge circles on top of the caramel in the tart bases.

VANILLA & WHITE CHOCOLATE GANACHE

Bring the cream to a boil, then pour over the white chocolate, cocoa butter and Caviani. Mix without incorporating any air, then leave to crystallise overnight. Pipe the ganache into the tart bases, and smooth over the top. Add a generous dusting of black sweet shortcrust pastry powder around the sides.

VANILLA MOUSSE

In a saucepan, heat the cream and milk. Make a crème anglaise with the egg yolks. Incorporate the hydrated gelatine, Caviani, and white chocolate. Mix, then chill in the refrigerator to 21°C. In the bowl of a mixer fitted with a whisk, whip the remaining cream. Gently fold the whipped cream into the crème anglaise. Pipe into (7 cm diameter) puck moulds. Leave to set for an hour in the refrigerator, then freeze, and unmould.

VANILLA NEUTRAL GLAZE

Heat the water, lemon juice and glucose together with the bulk of the sugar to 50 °C. Add pectin X58 mixed with the remaining sugar (2) and Caviani, then blend using an immersion blender and heat to 85 °C. Cover the surface with clingfilm, and leave to cool for 24 h before use. Heat the glaze to 50 °C, then quickly dip the mousse pucks to give them a thin coating of the glaze. Arrange in the tart bases, then leave to defrost.





Madagascar Bourbon vanilla & Black sesame VACHERIN

by Tristan Rousselot

INGREDIENTS

Recipe for 10 portions

VANILLA SWISS MERINGUE

100 g Egg white
200 g Icing sugar
0.6 g Caviani - Prova Gourmet

VANILLA SPONGE CAKE

244 g Blanched ground almond
244 g Icing sugar
292 g Whole egg
2 g Caviani - Prova Gourmet
68 g Strong white flour (T55)
214 g Egg white
49 g Sugar

VANILLA ICE CREAM MIX

21 g Water
269 g UHT whole milk
26 g Skimmed milk powder
14 g Atomised glucose DE38
4 g Dextrose
28 g Sugar
5 g Invert sugar
50 g Butter
12 g Egg yolk
2 g 2000 stabiliser
15 g Sugar
1 g Caviani - Prova Gourmet

BLACK SESAME PRALINE

50 g Black sesame seeds
10 g Whole almond, blanched
40 g Sugar
1 g Fleur de sel

VANILLA WHIPPED GANACHE

208 g Whipping cream (35% fat)
10 g Glucose syrup
10 g Invert sugar
1 g Fine salt
0.5 g Caviani - Prova Gourmet
39 g White chocolate (28% cocoa)

VANILLA CRÈME ANGLAISE

58 g UHT whole milk
15 g Whipping cream (35% fat)
0.2 g Caviani - Prova Gourmet
10 g Caster sugar
15 g Egg yolk





Madagascar Bourbon vanilla & Black sesame VACHERIN

by Tristan Rousselot

PREPARATION

Recipe for 10 portions

VANILLA SWISS MERINGUE

Sift the icing sugar. In a stand mixer bowl, whisk the egg whites, sifted icing sugar and Caviani over a bain-marie until the temperature reaches 40 °C. Next, transfer the bowl to a mixer fitted with a whisk. Emulsify the egg whites well until the texture is firm and chill the meringue. Take a 20 cm x 4.5 cm acetate sheet and spread a thin layer of meringue on top, then place in a 6 cm diameter ring. Dry out in the oven at 80 °C for 2 h. Once cooled, remove from the mould. Use a piping bag fitted with a plain No. 20 tip to pipe out tubes of meringue. Dry out in the oven at 80 °C for 2 h. Cut the meringue into pieces.

SPONGE CAKE

In the bowl of a mixer fitted with a whisk, emulsify the ground almonds and sifted icing sugar with the whole eggs and Caviani. Add the sifted flour. Whisk the egg whites and stiffen with the sugar, then fold into the mixture. Weigh out 800 g of batter per 40 x 60 cm sheet. Bake at 180 °C for 10 min. Cut out circles of 6cm in diameter.

VANILLA ICE CREAM MIX

In a saucepan, heat the milk, skimmed milk powder and vanilla extract. Measure the temperature. Once at 30 °C, add the atomised glucose and dextrose. At 40 °C, add the sugar (1) and the invert sugar. At 45 °C, add the melted butter and the egg yolk. At 50 °C, add the sugar (2) and the ice-cream stabiliser. Pasteurise at 85 °C. Blend and strain through a fine sieve as you add the Caviani. Mature overnight at 3 °C (for at least 4 h). Blend, strain and churn the ice-cream. Place a circle of sponge cake into 6 cm diameter rings, then pipe in 30 g of ice cream and top with another circle of cake. Freeze, then unmould.

BLACK SESAME PRALINE

Roast the black sesame seeds and almonds at 160 °C for 20 min. Make a dry dark caramel with the sugar, then pour it over the nuts and fleur de sel. Allow to cool, then blend until you have a smooth textured paste.

VANILLA WHIPPED GANACHE

Bring one third of the cream to the boil with the glucose, invert sugar and salt. Pour over the white chocolate, then blend as you add the remaining cream and the Caviani. Refrigerate for at least 2 h. Whip the whipped ganache to a silky texture. Transfer to a piping bag.

VANILLA CRÈME ANGLAISE

In a saucepan, heat the milk, cream and Caviani. In a bowl, beat the egg yolks and caster sugar until pale and creamy. Pour the liquids over the above mixture and return it to the saucepan, then heat up to 85 °C until it coats the back of a spoon. Remove from heat and cool before use.

ASSEMBLY

Use a palette knife to cover the ice cream puck with Caviani whipped ganache, then place on a plate. Carefully place the meringue circle. Pipe a generous layer of black sesame praline on top of the sponge cake. Pipe Caviani whipped ganache onto the praline and finish by decorating with meringue pieces. Serve with crème anglaise on the side as a sauce.





Madagascar Bourbon Vanilla MILLEFEUILLE

by Tristan Rousselot

INGREDIENTS

INVERSE PUFF PASTRY

94 g Strong white flour (T65)
250 g Dry butter
229 g Strong white flour (T65)
66 g Unsalted butter
10 g Salt
98 g Water
3 g White vinegar

DECORATION

150 g Sugar
50 g Brown sugar

VANILLA CRÈME PÂTISSIÈRE

240 g UHT whole milk
48 g Sugar
1 g Caviani - Prova Gourmet
19 g Egg yolk
48 g Whole egg
19 g Corn starch
24 g Unsalted butter

VANILLA DIPLOMAT CREAM

382 g Vanilla crème pâtissière
191 g Whipping cream (35% fat)
27 g Hydrated gelatine

PREPARATION

Recipe for 10 portions

INVERSE PUFF PASTRY

In the bowl of a mixer fitted with a flat beater, mix the flour (1) and dry butter cubes. Once the mixture is homogeneous, remove to a baking sheet and cover with film. Leave in the refrigerator overnight. In the bowl of a mixer fitted with a flat beater, rub the cubed dry butter and salt through the flour (2) to a crumble. Next, add the water and white vinegar. Once the mixture is homogeneous, spread onto a baking sheet and leave in the refrigerator overnight. The next day, give the dough three double turns, resting for 3 h between each turn. Leave the dough piece to rest overnight. Roll out the dough to a thickness of 2 mm, then rest the dough. Leave to rest for an h in the refrigerator, then cut out 14 cm x 3.5 cm rectangles. Place onto tray with a baking sheet and rack set 1.5 cm above. Bake in a fan-assisted oven at 170 °C for 40 min.

DECORATION

Make a caramel with the sugar, then pour onto a sheet and allow to cool before processing into a powder. Sprinkle brown sugar over the puff pastry rectangle and use a small sieve to dust with a fine layer of caramel powder. Place in an oven at 170 °C for 1 min to melt the caramel. Chill.

VANILLA CRÈME PÂTISSIÈRE

Heat the milk. Whisk the caster sugar, egg yolks, whole eggs and Caviani in a bowl, then add the corn starch. Pour in the hot milk and return to the heat in a saucepan. Boil for 3 min, take off the heat, and add the cubed butter. Cool quickly before using.

VANILLA DIPLOMAT CREAM

Smooth the Caviani crème pâtissière. Melt the hydrated gelatine and mix together with some of the crème pâtissière, then mix with the remaining crème pâtissière. Whip the cream until it has a firm texture, then mix all the ingredients together. Transfer to a piping bag fitted with a No. 22 tip. Immediately pipe onto a rectangle of puff pastry, then arrange the second puff pastry rectangle on top.

