

Strawberry-balsamic pâtisserie

Description

Panna cotta with strawberry-balsamic jelly



Yield

20 pieces of 114 g, 3×8 cm



Scheduling

Preparation: 60 minutes

Baking time: 12 minutes/175°C

Freezing time: 8–10 hours



Nutritional values (100 g or 100 ml)

energy: 1'252 kJ/299 kcal;

fat: 23 g, of which saturated 13.6 g;

carbohydrates: 20 g, of which sugars 13.5 g;

protein: 2.9 g; salt 0.1 g

Ingredients

Shortcrust pastry base, oval (290 g)

280 g	shortcrust pastry
10 g	spray couverture, milk or dark

Balsamic Panna cotta (1'467 g)

1'080 g	heavy cream (UHT)
110 g	sugar
6 g	vanilla pods, scraped
16 g	gelatine powder
80 g	water (for blooming the gelatine)
175 g	balsamic vinegar

Decoration and garnish (90 g)

20 g	couverture 54% (e.g. "Piccoli Excellence")
50 g	strawberries, fresh
20 g	"wet proof" strawberries, freeze-dried

Strawberry-balsamic jelly (356 g)

45 g	cooking wine, red
25 g	balsamic vinegar
25 g	water
30 g	sugar
185 g	strawberries, fresh
1 g	gelatine powder
5 g	water (for blooming the gelatine)
40 g	cocoa butter, liquid

Chocolate glaze, dark red (101 Msp.)

10 g	water
22 g	sugar
22 g	glucose syrup
14 g	condensed milk, sweetened
2 g	gelatine powder
8 g	water (for blooming the gelatine)
22 g	couverture, dark (e.g. Maracaibo 65%), grated
1 Msp.	food coloring, powder, strawberry red

Additional ingredients (80 g)

40 g	cocoa nibs or crispies (for sprinkling)
40 g	decorative elements of your choice (e.g. chocolate decoration)

Production

1

Shortcrust pastry base

Roll out the shortcrust dough to a thickness of 1.5 mm and score it. Cut out bases with an oval pastry cutter (4.5x10.5 cm). Bake at 175°C for approx. 12 minutes. Leave the bases to cool and spray with couverture spray.

2

Strawberry-balsamic jelly

Leave the gelatine to soak in the water for approx. 5–10 minutes. Bring the cooking wine, vinegar, water, sugar and strawberries to a boil and reduce slightly. Blend the mixture until smooth. Add the soaked gelatin and stir until completely dissolved.

Pour about 13 g into silicone molds (e.g. stick molds, 1.5x8.5 cm) and freeze.

Tip: For a soft core, use less gelatin. For a firmer consistency, increase the gelatin amount accordingly.

3

Preparing the jelly cores

Carefully unmold the frozen jelly fillings. Fix with a toothpick and dip in liquid cocoa butter. Then place on baking paper and freeze again immediately.

Note: This step prevents the filling from leaking at refrigerator temperature.

4

Balsamic Panna cotta

Soak the gelatin in water for 5–10 minutes. Bring the cream, sugar and vanilla seeds to a boil. Remove from heat and stir in the soaked gelatin until dissolved. Cool to about 20°C. Gently fold in the balsamic vinegar – do not stir too vigorously to avoid curdling.

Pour the mixture into silicone molds. Let it set slightly, then insert the prepared jelly cores and fill with the remaining mixture. Freeze.

5

Chocolate glaze, dark red

Soak the gelatin in water. Heat water, sugar and glucose syrup to 103°C. Remove from heat and stir in the condensed milk and soaked gelatin.

Pour over the couverture, let it sit briefly, then blend until smooth. Add food coloring. Emulsify everything with a hand blender.

Strain the glaze through a fine sieve and cool to about 35°C. Pour over the well-frozen panna cotta.

6

Assembling and finishing

Place the glazed, frozen panna cotta domes onto the prepared shortcrust bases coated with couverture spray. Arrange the desserts so part of the base remains visible at the edge. Sprinkle the exposed edge with crispies or cocoa nibs. Garnish with strawberry pieces and the desired decoration.