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PEARLY LEMONS TARTLETS



RECIPE CREATED BY NICOLAS BOUSSIN & KEVIN ZWYGART



Pearly lemons tartlets

Original recipe by Nicolas Boussin & Kevin Zwycart

Recipe makes 20 tartlets

PASTRY

422 g plain flour
(T55, approximately 11% protein)
176 g icing sugar
70 g ground almonds
5 g salt
246 g **Elle & Vire Professionnel® Unsalted Gourmet Butter**
82 g eggs

Work the flour, icing sugar, salt and ground almonds with the butter. Work in the eggs until just combined. Place in the refrigerator.

JOCONDE BISCUIT

90 g icing sugar
135 g ground almonds
36 g plain flour
(T55, approximately 11% protein)
179 g eggs
32 g **Elle & Vire Professionnel® Unsalted Gourmet Butter**
117 g egg whites
72 g sugar

In a food processor, combine the icing sugar, ground almonds and flour. Combine with the eggs then beat to the ribbon on speed 2 of the stand mixer using the paddle attachment. Stir in the melted butter. Beat the egg whites stiff with the sugar then gently combine the two mixtures.

CITRUS CREAM

92 g lemon juice
92 g lime juice
46 g Yuzu purée
4 g lemon zest
4 g lime zest
328 g egg whites
328 g sugar
46 g gelatine mass
131 g **Elle & Vire Professionnel® French Cream Cheese**
131 g **Elle & Vire Professionnel® Unsalted Gourmet Butter**

Heat the citrus juices, yuzu purée and zests. Strain through a conical sieve. Add the blanched egg whites and sugar. Heat slowly to boiling. Add the gelatine masse and the cream cheese. At 35°C, incorporate the cold butter cut into pieces. Mix with a hand blender for a perfect emulsion. Refrigerate for at least 4 hours (ideally overnight).

PEAR-CITRUS CONFIT

60 g lime juice
60 g lemon juice
30 g yuzu purée
340 g pear purée
8 g lemon zest
8 g lime zest
85 g sugar (1)
10 g NH pectine
15 g dextrose
100 g sugar (2)
QS water-soluble yellow colouring

Heat the lemon and lime juice with the zests and the pear and yuzu purées. At 40°C, add the combined pectin and sugar (1). Bring to the boil then add the combined dextrose and sugar (2). Heat to 102°C or 45° Brix. Add the colouring. Transfer the confit to a recipient and place in the refrigerator.

GLUCOSE MERINGUE

51 g glucose syrup
33 g egg whites

Combine the egg whites and glucose syrup. Warm to 40°C in a bain-marie and beat.

MARSHMALLOW CREAM WITH CREAM CHEESE

63 g milk
10 g honey
42 g gelatine mass
65 g **Elle & Vire Professionnel® French Cream Cheese**
200 g **Elle & Vire Professionnel® Excellence Whipping Cream**
75 g glucose meringue

Bring the milk to the boil. Add the honey, gelatine mass and cream cheese. Fold into the stiffly whipped cream then gently fold in the glucose meringue.

CANDIED LEMON PEEL STRIPS

4 g lemons
500 g water
500 g sugar
QS water-soluble yellow colouring
QS water-soluble red colouring

Remove the zest of the lemons with a vegetable peeler. Blanch in the boiling water. Prepare a syrup with the water and sugar. Add the colouring, then slowly cook the lemon zests over low heat until translucent. Strain and cut into strips.

GELATINE MASS

13 g powdered 200 bloom fish gelatine
75 g water

Rehydrate the gelatine in the cold water for 20 minutes (minimum). Melt in the microwave and set aside in the refrigerator.

CREAM EGG WASH

200 g egg yolks
100 g milk
100 g **Elle & Vire Professionnel® Excellence Whipping Cream**

Combine all ingredients and store in the refrigerator.

HOT MIRROR GLAZE

273 g hot mirror glaze
27 g water

Heat ingredients together and bring to the boil.

ASSEMBLY AND FINISHING TOUCHES

Roll out the pastry to a thickness of 2 mm. Let rest in the refrigerator. Press into buttered Ø7.5-cm tartlet rings. Bake in a 150°C convection oven for approximately 15 minutes. Remove from the rings and brush the tartlet shells with the egg wash. Bake again in a 150°C convection oven for approximately 10 minutes.

Spread 600 g of Joconde biscuit on a sheet of baking paper within a frame. Remove the frame and bake in a 200°C convection oven for approximately 8 minutes. Place on a cooling rack immediately after removing from the oven to let cool. Cover with plastic wrap and refrigerate overnight. Cut into Ø5-cm rounds.

Fill the tartlet shells with 10 g of confit, top with a biscuit round then pipe out 50 g of citrus cream and place in the freezer.

Using a plain 8 mm nozzle, pipe out a circle of 7 balls of marshmallow cream cheese of various sizes over the surface of the tartlets and return them to the freezer. Spray lightly with glaze, then decorate the centre of the tartlets with 10 g of warmed confit and the candied lemon peel strips.



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