

24 April 2007 / 9.30am to 2.30pm

CITRUS MARSHMELLOW
Presented by
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	Ingredients:
150gms	Sugar
250ml	Glucose
150gms	Egg Whites
5	Gelatin Sheets, Soaked in Ice Water
4	Mandarin Oranges, for Juice
2	Limes, for Juice
	<u>Lychee Sorbet</u>
1ltr	Water
250gms	Caster Sugar
1tbsp	Glucose
10ml	Lemon Juice
1	Vanilla Bean Pod
1	Gelatin Sheets, Soaked in Ice Water
300gms	Lychee Purée
	<u>White Chocolate Mousse</u>
150gms	White Chocolate
80gms	Pouring Cream (35% Milk Fat
120gms	Content)
	Yoghurt
	<u>Garnish</u>
	Grapefruit
	Calamansi
	Pomelo



Recipe Notes:

Method for Cooking:

1. Heat sugar and glucose in a heated pan and stir until the temperature reaches 150°C using a kitchen thermometer. Remove pan from the heat.
2. Whip egg whites in a bowl until light and fluffy and gradually add in the sugar mixture, gelatin, Mandarin orange juice and lime juice and blend for 1 to 2 minutes.
3. Fill a piping bag with the meringue mixture, pipe circles onto a baking tray lined with wax paper and allow it to set in the refrigerator for 30 minutes.
4. For the Lychee Sorbet:
Bring water to a boil in a saucepan. Add caster sugar, glucose, lemon juice, vanilla bean pod and gelatine and stir constantly until the gelatine has dissolved. Remove pan from the heat and set aside to cool, for about 5 minutes. Once cooled, discard the vanilla bean pod and pour the mixture into a food processor, add lychee purée and blend until smooth. Pass the lychee mixture through a sieve, and then pour into a pacojet and freeze it according to the manufacturer's instructions.
5. For the White Chocolate Mousse:
Melt the white chocolate and pouring cream in a heated pan. Add yoghurt and stir for 1 to 2 minutes and set aside.
6. To Serve:
Use a spatula to smear the white chocolate mousse onto a serving plate and top with the meringue. Spoon lychee sorbet on one side of the plate and garnish with grapefruit, calamansi and pomelo.