



World Gourmet Summit 2007

Raffles Hotel Singapore

28 April 2007 / 9.30am to 2.30pm

MILLE FEUILLE OF BANANAS & PAIN D'EPICES SOURSOP SORBET

Presented by
Eoghain O'Neill

	Ingredients:
	<u>Pain D'épice</u>
500gms	Butter, Softened
400gms	Brown Sugar
30gms	Mixed Spice
40gms	Ground Ginger
150gms	Honey
12	Egg Yolks
350gms	White Bread Flour
20gms	Baking Soda
12	Egg Whites
	<u>Banana Mousse</u>
200ml	Milk
200ml	Cream
120gms	Egg Yolks
70gms	Sugar
8gms	Gelatin Sheets, Soaked in Ice Water
500gms	Ripe Bananas, Peeled and Halved
75gms	Bailey's Liquor
200gms	Whipping Cream
	<u>Banana Compote</u>
600gms	Ripe Banana, Peeled and Sliced
	A Few Drops of Lemon Juice
75gms	Sugar
20gms	Vanilla Bean Pod, Split and Scraped
	<u>Soursop Sorbet</u>
750gms	Soursop Purée
150gms	Sugar
300ml	Mineral Water
50ml	Glucose Syrup



Recipe Notes:

Method for Cooking:

1) For the Pain E' épice:

Beat butter, brown sugar, mixed spice, ground ginger and honey for 2 to 3 minutes in an electric mixer. Gradually add in egg yolks and beat until fluffy. Sieve flour with baking soda into the mixture and beat for a few seconds. Whisk egg whites until soft peak form and fold into mixture. Place mixture into 8 rectangular cake moulds and bake in a preheated oven at 170°C for 1 hour. Remove and allow it to cool, and then cut into thin rectangular pieces (3-cm by 6-cm).

2) For the Banana Mousse:

Bring the milk and cream to a boil in a saucepan and then remove pan from the heat. Whisk egg yolks and sugar together in a bowl and pour into the hot milk mixture, stirring with a whisk over low heat until slightly thickened. Add soaked gelatine and pass through a sieve. Cool mixture in a cold water bath until it is almost set. Caramelize the bananas with sugar on both sides in a hot frying pan. Blend banana and Bailey's liquor together. Add banana puree with cream mixture and slowly add in whipped cream. Pour the mixture into a baking tray (2-cm deep), and place in a chiller to set.

3) For the Banana Compote:

Place banana slices and sugar in a saucepan with a few drops of lemon juice. Add scraped vanilla beans and cook over low heat for a few minutes; stir continuously with a wooden spatula.

4) For the Soursop Sorbet:

Place all the ingredients in a pot and bring it to a boil, then pour into paco jet container and freeze. Blitz for 30 minutes before serving.

5) To Serve:

Place a layer of pain d' épice onto each serving plate. Layer over the banana mousse and repeat the process until 3 layers are done. On one side of the plate, place a pain d' épice crisp and top with soursop sorbet.