

# PARSNIP FOAM, COFFEE SPONGE, PISTACHIO SAUCE AND ROASTED OIL CRYSTALS

🕒 60 min. 🍳 Difficult



## MATERIALS

Aluminium Foil  
Oven  
Fine Sieve  
Mixer  
Siphon  
Gas Cartridges  
Microwave  
Ice Cream Maker

## RECOMMENDED NESPRESSO COFFEES



## INGREDIENTS

For The Foam Parsnips

200 G Of Parsnips

10 Cl Of Cream

12 G Of Sugar

For The Coffee Sponge

Eggs

24 G Of Sugar

24 G Of Flour

6 G Of Baking Powder

Capsules Of Master Origin India

Grand Cru

Drops Of Roasted Oil

For The Pistachio Sauce

## HOW TO MAKE !

### • **For the parsnip mousse:**

- Wrap parsnips in aluminium foil and bake at 180° C for 1H
- Remove 150g of the still hot pulp and mix in the Thermomix with cream and sugar until the batter becomes smooth
- Pass through a fine sieve and pour into a culinary whipper (siphon) with 2 gas cartridges

• Keep in a Bain Marie (double boiler)

### • **For the sponge coffee:**

- Place the eggs and sugar in a blender, mix for 30 seconds
- Add flour and baking powder, mix 30 seconds, and then push the mixture at the edges down to mix everything well
- Stir in coffee and roasted oil drops and mix again for 30 seconds
- Pour into a siphon with 2 gas cartridges
- Let stand for 2hs
- In a paper cup that has been previously pierced in the bottom, siphon to a third of the glass and cook in the microwave at 60 for 40 seconds
- Turn the cup out on a wire rack to cool and unmould

### • **For the pistachio sauce:**

- Weigh pistachios, sugar and cream in a Thermomix
- Set temperature to 60° C and then turn to speed 2
- When it reaches 60° C, speed up to maximum until the batter is smooth
- Pour it out, cover it with film and refrigerate

### • **For the Pistachio ice cream:**

- Pour the milk and pistachios in a Thermomix, mix well then raise the temperature to 40° C
- Add the sugar, glucose and stabilizer then raise the temperature to 90° C
- Reaching the temperature while mixing, add in the egg yolks then sieve in a reverse Bain Marie to rapidly bring down the temperature
- Let stand for 1 night

• Put it through an ice cream maker

### • **For the roasted oil crystals:**

- Put the corn flour on a plate and spread it smooth with a metal spatula

20 G Of Green Pistachio Kernels

6 G Of Sugar

75 G Of Cream

For The Pistachio Ice Cream

10 Cl Of Milk

20 G Of Green Pistachio Kernels

6 G Of Sugar

5 G Of Glucose

1 G Of Ice Cream Stabilizer

1/2 Egg Yolk

For The Roasted Crystal Oil

50 G Of Sugar

2 Cl Of Mineral Water

2 Cl Of Vodka

Drops Of Roasted Oil

400 G Of Corn Flour

6 G Of Green Pistachio Kernels

- Make imprints with a cork
- Make a syrup at 120° C with water and sugar
- In another bowl, whisk together the vodka and the roasted oil
- When the sugar is at the right temperature, deglaze with the vodka / oil mixture then pour it back and forth 12 times
- Pour the mixture into the imprints and sift a little cornstarch on them until you can no longer see syrup
- Leave to crystallize for 12hs
- Clean the imprints with a brush to uncover the crystalized syrup and keep it away from moisture in an airtight container with some silica gel
- **Finish:**
- Make a spiral of pistachio sauce
- Divide the coffee sponge into three and place them on the plate around the sauce
- Place a roasted oil crystal on a piece of the sponge and another at the bottom right of the plate
- In the centre, place the chopped pistachios and then the whole pistachios around the plate
- Make three spots of warm parsnip foam on the chopped pistachios followed by a scoop of pistachio ice cream

## INSPIRATIONS

