

Chocolate parfait, roasted sesame nougatine with a bitter cocoa sauce

Recipe for 4

Description

A frozen treat with crunchy toasted sesame seeds and an intense chocolate sauce.

Ingredients

Frozen nougat

- 120 Gr Sugar
- 20 Gr Corn syrup
- 100 Gr White sesame seeds
- 12 Gr Butter
- 40 Gr Sugar
- 80 Gr Honey
- 3 Gr Cinnamon powder
- 80 Gr Egg white
- 1 Tbsp Corn syrup
- 160 Gr Dark chocolate
- 325 Ml 35% whipping cream

Chocolate sauce

- 200 Ml Water
- 100 Gr Sugar
- 50 Gr Cocoa powder

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **400 F°**
- Resting time **180 mins**

Frozen nougat

Sesame Nougatine

In a sauce pot, combine the corn syrup, sugar and enough water to wet all of the sugar. Bring to a boil and continue to cook until the sugar is dissolved and takes a golden color. At this point, immediately add the sesame seeds and stir with a wooden spatula. Remove from the heat and add the butter and stir well.

Lay out the sesame mix between two non stick sheets with a rolling pin. Let cool completely and then chop it with a knife.

Dark chocolate

Gently melt the chocolate on a steam bath.

Whipped cream

With the help of a stand mixer or by hand with a whisk, stir the cream until you have firm whipped cream.

Italian Meringue

In a sauce pot, combine the corn syrup, honey, sugar and cinnamon. Bring it to a boil and continue to cook for 1m30s to 2 minutes.

At the same time, whip the egg whites with your stand mixer or a whisk. Once the sugar mixture has cooked for 2 minutes, slowly pour the syrup into the egg whites while continuing to whisk. Continue mixing until the mixture has cooled down entirely.

Mixing and finishing

Pour the melted chocolate on the meringue. Gently fold them together. Next add the whipped cream, again carefully folding. Finally add the chopped sesame nougatine and combine well. All that is left is to transfer the mix to the mold of your choice. Place the molded nougatine mix at least 4 hours in the freezer, ideally overnight.

Chocolate sauce

In a sauce pot, combine all the ingredients, bring to a boil while whisking. The longer you boil the mixture the thicker it will become. Once done, transfer to the fridge.

Plating

Once the nougat is removed from the mold, place it in the center of your plate and cover with the chocolate sauce.

Garnish by sprinkling with roasted black and white sesame seeds.

Bon appétit!