

Fruit flambé served on a Breton shortbread and a white chocolate cream

Recipe for 4 persons

Description

Buttery shortbread served with a yogurt and white chocolate cream and fruit flambé with dark rum.

Note

Keep shortbread dough already cut in a circle in the freezer to get a small book in case of surprise guests.

Ingredients

For the sablé

- 3 Unit(s) Egg yolk
- 120 Gr Sugar
- 10 Ml Baking powder
- 115 Gr Butter
- 1 Pinch(es) Salt
- 150 Gr Flour

For the white chocolat cream

- 150 Ml Milk
- 150 Ml Cream 35%
- 4 Unit(s) Egg yolk
- 30 Gr Sugar
- 250 Gr White chocolate
- 3 Leaf(ves) Gelatin

For the famblé

- 250 Gr Mix of frozen berries
- 60 Ml Butter
- 60 Ml Sugar
- 45 Ml Amber rum

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **350 F°**

Preparation of the sablé

Using a mixer, foaming the egg yolks and sugar a few minutes. Successively add the sifted dry ingredients and butter. Roll the dough to about 1.25 cm in thickness between two sheets of sulfurized paper and freeze it at least 20 minutes. Cut the dough using stainless steel rings and Bake in oven at 350 F for 15 minutes or until the shortbread is golden. Leave temper and unmold.

Preparation of the white chocolate cream

In a bowl combine the sugar and the egg yolks and beat until light and fluffy. In a pot combine the milk and the cream and bring to a boil. Add the vanilla seeds and the pod. Pour this hot liquid over the egg yolks stirring constantly. Return to the stove and cook until thickened. Pour hot liquid over white chocolate and gelatin and stir to combine. Set aside to cool.

Preparation of the flambé

Place butter to cover sugar in the cold pan and cook them over medium-high heat without mixing. Cook to melt the butter and sugar and cook to obtain a caramel. When your caramel is golden, add the fruit and mix them with caramel and cook. Once the caramel and fruit are boiling, add the alcohol and flambé.

Bon appétit!