

Tropical fruit verrine with a vanilla rum sabayon

Recipe for 24 Tapas

Description

Exotic fruit salad with lime and olive oil served with a vanilla rum sabayon.

Note

Traditionally, the sabayon is made with wine, but unlike spirits the wine must be incorporated during the blanching of the eggs yolks.

Ingredients

For the verrine

- 1 Unit(s) Pineapple
- 2 Unit(s) Kiwi
- 1 Unit(s) Fresh mango
- 1 Unit(s) Lime
- 2 Tbsp Olive oil

For the sabayon

- 4 Unit(s) Egg yolk
- 75 Gr Sugar
- 100 Ml 35% whipping cream
- 30 Gr Icing sugar
- 60 Ml Amber rum
- 1 Clove(s) Madagascar vanilla

Preparation

- Preparation time **25 mins**

General preparation

Zest the limes and squeeze the juice. Peel and cut the pineapple and dice the mango. Cut the passion fruit in half and use a spoon to get the seeds out. Cut the vanilla seeds in half lengthwise and use a knife to scrape out the seeds.

Verrine preparation

Mix the juice and lime zest and add the olive oil. Mix in the pineapple, mango and passion fruit with the lime vinaigrette.

Sabayon preparation

Mix the rum with the vanilla seeds. In a double boiler, whisk the egg yolks and sugar until obtaining a sabayon (the mixture should triple in volume). Let the sabayon temper. Whip the cream with the icing sugar to obtain a whipped cream. Combine the whipped cream with the sabayon and the mixture of rum and vanilla seeds, carefully folding with a spatula.

To serve

Divide the fruit mixture in the bottom of glass jars and garnish with the sabayon.

Bon appétit!