

Opalys / Strawberry in a Glass

Original recipe by Gérard Cabiron



Strawberry ice cream

- > 1 kg whole milk
- > 570 g cream 35% fat
- > 160 g skim milk powder 0% fat
- > 120 g egg yolks
- > 350 g sugar
- > 185 g atomised glucose
- > 620 g wild strawberry pulp
- > 10 g ice cream stabiliser
- > 6 g monostearate

- 1 Heat the milk with the cream and pulp.
- 2 Combine together all powders and stir it at 45°C in the saucepan.
- 3 Whisk in the egg yolks.
- 4 Cook at 85°C, mix with a hand blender and strain through.
- 5 Chill down quickly to 4/5°C within 2 hours.
- 6 Allow to mature for 4 to 12 hours at 4/5°C.
- 7 Mix with a hand blender and churn.
- 8 Set aside in a blast freezer and store at -20°C.

Opalys ice cream

- > 1 kg whole milk
- > 310 g cream 35% fat
- > 80 g egg yolks
- > 80 g inverted sugar
- > 220 g CHOCOLATE OPALYS 33%
- > 200 g sugar
- > 6 g ice cream stabiliser
- > 6 g monostearate
- > 40 g Soho liquor
- > 200 g CAMELIA CRUNCHY PEARLS

- 1 Heat the milk with the cream and inverted sugar.
- 2 Combine together all powders and stir it at 45°C in the saucepan.
- 3 Whisk in the egg yolks.
- 4 Cook at 85°C, stir in the white chocolate.
- 5 Bring it back to 85°C, mix with a hand blender and strain through.
- 6 Chill down quickly to 4/5°C within 2 hours.
- 7 Allow to mature for 4 to 12 hours at 4/5°C.
- 8 Add the Soho liquor. Mix with a hand blender and churn.
- 9 Fold in the Caramélia Crunchy Pearls. Set aside in a blast freezer and store at -20°C.

Strawberry coulis

- > 300 g wild strawberry pulp
- > 210 g sugar
- > 100 g inverted sugar
- > 50 g strawberry liquor

Assembly

Spoon a little bit of strawberry coulis at the bottom of the glasses, freeze, scoop the Opalys ice cream and the strawberry ice cream on top.

PASTRY CHEF'S TIP:

Vary flavours by replacing CHOCOLATE OPALYS 33% with:

- > 215 g CHOCOLATE IVOIRE 35%
- > 330 g cream 35% fat (instead of 310g)
- > 180 g sugar (instead of 200g)