

Fruit Gratin



eikon® e2s

02:00

This recipe is available for:

- eikon® e2s SP (1000W)

Accessories:

Ceramic Dish

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- 275 °C
- Chilled 4°C
- 1 Portion
- Partially Cooked

Stage 1

- 02:00
- 100 %
- 30 %

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Ingredients

- 1000 ml Milk
- 275 g granulated Sugar
- 50 g Corn Starch
- 50 g Flour
- 240 g Egg Yolk
- 60 g unsalted Butter
- 0.5 tsp Vanilla Essence
- 20 g Sponge Cake 8 cm/3 inches diameter
- 70 g Custard Cream made with the recipe above
- 1 pcs half Apple or whole Orange
- 1 tsp Sugar

1. Food Preparation

FOR THE CUSTARD CREAM: Mix the milk, 1/3 of the sugar and vanilla essence in a pot together and bring it to a boil until the sugar is melted. Mix in a bowl the egg yolk and the remaining sugar together add the flour and corn starch and mix it well together. Take 1/4 of the heated milk, add it into the bowl and mix it together. Then take this mixture and add it into the pot with the remaining milk and cook it on medium heat until you could see small bubbles rising up. Decant the mixture into a ice-cold bowl and place a piece of plastic wrap direct on top of the cream to avoid that the cream will get a skin. Chill the cream. FOR THE FRUIT GRATIN: Cut the apple or the orange as per your preference in wedges. Place the sponge cake in the ceramic bowl and cover it with custard cream. Arrange the wedges nicely on top of cream and press them carefully a little bit into the cream. Sprinkle the sugar over the entire bowl.

2. Cooking Instruction

Cook the Custard Cream in a pot. Cook the Fruit Gratin as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the bowl and serve.