

Miele

Raspberry parfait

By Miele

30 minutes

Preparation time

45 minutes

Cooking time

6 servings

Serves



INGREDIENTS

Custard

300 ml whipping cream
20 g caster sugar
1 whole egg
2 egg yolks (reserve whites for meringue)
5 ml vanilla essence
20 ml fresh lemon juice

Compote

250 g fresh or frozen raspberries
40 g caster sugar
10 ml vino cotto
½ lemon, finely grated zest
2 tbsp cornflour
2 tbsp water, cold

Swiss meringue

2 egg whites (approximately 60 g)
120 g caster sugar

METHOD

Custard

1. Place cream, sugar, eggs and vanilla into a large bowl. Whisk well until sugar is dissolved.
2. Continue whisking while adding the lemon juice.
3. Strain custard through a fine sieve into a jug.
4. Divide the custard evenly between 6 oven safe glass dishes or ramekins. Place into a perforated steam container and cover tightly with foil.
5. Place into the steam oven and Steam at 85°C for 25 minutes until just set.

Compote

1. Place raspberries, sugar, vino cotto and zest into a saucepan and cook on medium heat, induction setting 6, for 5–10 minutes until sugar has dissolved and liquid just comes to the boil.
2. Dissolve the cornflour in cold water and add to the compote, stirring constantly.
3. Continue to cook for 5–10 minutes, until compote is thick and has a glossy shine. If the compote is too thick, adjust with more water. Allow to cool.

Swiss meringue

1. In a clean bowl, whisk together the egg whites and sugar until well combined.
2. Transfer mixture into a small vacuum sealing bag and Vacuum on setting 2 and Seal on setting 3.
3. Place into a perforated steam container and Steam at 65°C for 20 minutes.
4. Cut the bag open and transfer contents to the bowl of a freestanding mixer with whisk attachment. Whisk on high speed for approximately 10 minutes until thick, glossy peaks form.

To serve

1. Divide the compote between the 6 custard dishes and gently spread flat with the back of a spoon.
2. Spoon the meringue on top of the compote and create some small flicks in the meringue with the spoon.
3. Using a blow torch, heat the top of the meringue until lightly toasted.