

**TEAM EDWARDS 2005**

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# FRUIT FOR THOUGHT

*Team Edwards's plated dessert for the 2005 NPTC celebrates the fruits of summer—peaches, blueberries, and strawberries—in a light and refreshing combination of elements. At one end of the plate is a creamy Vanilla Panna Cotta topped with a Red Peach Gelée with Fresh Strawberries and accompanied by a light Basil-Mascarpone Crème Chantilly. Next to this is a colorful Peach and Blueberry Compote and, at the other end, a quenelle of Vanilla Cognac Ice Cream atop a square-shaped tuile. A ribbon of pink pulled sugar serves as a delicate garnish for this brightly flavored dessert.*

**MAKES 12 SERVINGS**

## Brown Sugar Shortcake

**264 g (9.3 oz/2½ cups) cake flour****20 g (0.7 oz/4 tsp) baking powder****4 g (0.14 oz/¼ tsp) salt****4 g (0.14 oz/1½ tsp) cream of tartar****100 g (3.5 oz/¾ stick plus 1 Tbsp) unsalted butter****120 g (4.2 oz/½ cup plus 1 Tbsp packed) brown sugar****50 g (1.7 oz/2 large) eggs****90 g (3.17 oz/½ cup plus 1 Tbsp plus ½ tsp) heavy cream****Demerara sugar for sprinkling**

1. Preheat the oven to 350°F (175°C).
2. In a bowl, sift together the flour, baking powder, salt, and cream of tartar.
3. In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and brown sugar together on high speed until well blended. Beat in the eggs and cream, scraping down the sides of the bowl as necessary. Add the dry ingredients and mix on low speed until blended.
4. Press the dough into twelve 3-in (7.6-cm) square silicone molds, sprinkle with demerara sugar, and bake until golden, 12 to 15 minutes. Cool completely.

## Red Peach Gelée with Fresh Strawberries

**8 g (0.28 oz/4 sheets) gelatin (silver grade), bloomed and drained**  
**400 g (14.1 oz/1¾ cups) red peach purée**  
**60 g (2.1 oz/¼ cup plus 2½ tsp) granulated sugar**  
**120 g (4.2 oz/1 cup) diced fresh strawberries**

1. In a microwave-safe bowl, combine the drained gelatin, red peach purée, and sugar and heat in the microwave, stirring frequently, until well dissolved.
2. Pour 20 g (0.7 oz/1 Tbsp) of the gelée into each of 12 Flexipan dome molds. Add 10 g (0.35 oz/1 Tbsp) of the diced strawberries to each mold and allow to set in the freezer.

## Vanilla Panna Cotta

**750 g (26.45 oz/3 cup plus 3 Tbsp plus 2¼ tsp) heavy cream**  
**250 g (8.8 oz/1 cup plus 1½ tsp) whole milk**  
**120 g (4.2 oz/½ cup plus 1 Tbsp plus 1½ tsp) granulated sugar**  
**1 Tahitian vanilla bean, split lengthwise and seeds scraped**  
**1 Bourbon Madagascar vanilla bean, split lengthwise and seeds scraped**  
**1 Indonesian vanilla bean, split lengthwise and seeds scraped**  
**8 g (0.28 oz/4 sheets) gelatin (silver grade), bloomed and drained**

1. In a medium saucepan, combine the cream, milk, sugar, and Tahitian, Bourbon, and Indonesian vanilla bean seeds and bring to a simmer over medium heat. Add the drained gelatin. Allow the mixture to cool enough so that the vanilla bean seeds stay suspended in the base.
2. Pour the mixture into twelve 3½-in (9-cm) round Flexipan molds or ramekins and freeze until set.

## Vanilla Cognac Ice Cream

**430 g (15.16 oz/1¾ cups plus 1 Tbsp plus 1½ tsp) heavy cream**  
**500 g (17.6 oz/2 cups plus 1 Tbsp) whole milk**  
**50 g (1.76 oz/3 Tbsp plus 1½ tsp) vanilla Cognac**  
**252 g (8.8 oz/1¼ cups) granulated sugar**  
**1 Tahitian vanilla bean, split lengthwise and seeds scraped**  
**26 g (0.9 oz/1 Tbsp plus ¼ tsp) glucose syrup**

1. In a saucepan, combine the cream, milk, vanilla Cognac, sugar, and vanilla bean seeds and pod and place over medium-high heat until the sugar is dissolved, stirring frequently. Stir in the glucose. Strain through a fine-mesh sieve and cool the mixture in an ice bath.
2. Process the base in an ice cream machine according to the manufacturer's instructions.



## Peach and Blueberry Compote

**150 g (5.3 oz/¾ cup) granulated sugar**

**75 g (2.6 oz/⅓ cup) water**

**Finely grated zest of 1 lemon**

**4 g (0.14 oz/1½ tsp) powdered pectin**

**6 ripe white peaches, sliced**

**292 g (10.3 oz/2 cups) fresh blueberries**

1. In a saucepan, combine 50 g (1.76 oz/¼ cup) of the sugar with the water and lemon zest and cook over medium-high heat, stirring frequently, until the sugar is dissolved.
2. Combine the remaining 100 g (3.5 oz/½ cup) sugar with the pectin. Bring the sugar syrup to a simmer, add the pectin mixture, and let simmer for 2 minutes. Remove from the heat and add the sliced peaches and blueberries. Set aside.

## Basil-Mascarpone Crème Chantilly

**250 g (8.8 oz/1 cup plus 1 Tbsp plus ¾ tsp) heavy cream**

**30 g (1.05 oz/½ cup) chopped fresh basil leaves**

**25 g (0.88 oz/2 Tbsp) granulated sugar**

**1 g (0.03 oz/½ sheet) gelatin (silver grade), bloomed and drained**

**100 g (3.5 oz/⅓ cup plus 1 Tbsp plus 1½ tsp) mascarpone cheese**

1. In a saucepan, combine the cream and basil and bring to a gentle boil over medium-high heat. Remove from the heat and let the mixture infuse for 20 minutes.
2. Strain the cream and discard the basil. Add the sugar and drained gelatin and heat until the sugar and gelatin are dissolved. Cool and then chill well.
3. In the bowl of a stand mixer fitted with the whisk attachment, whip the chilled basil cream on high speed to soft peaks. Stir the mascarpone in a bowl until smooth and fold into the whipped cream. Cover and refrigerate until ready to serve.

## Croustillant Tuile

75 g (2.6 oz/½ stick plus 1½ Tbsp plus 1 tsp) unsalted butter

75 g (2.6 oz/½ cup packed) dark brown sugar

75 g (2.6 oz/½ cup plus 1 Tbsp) granulated sugar

75 g (2.6 oz/½ cup) freshly squeezed orange juice

75 g (2.6 oz/¾ cup) all-purpose flour

1. Preheat the oven to 350°F (175°C).
2. In the bowl of a stand mixer fitted with the paddle attachment, cream the butter with the dark brown and granulated sugars on high speed. Add the orange juice and mix until blended. Reduce the speed to low, add the flour, and mix until blended. Refrigerate until chilled.
3. Spread the batter over a 2-in (5-cm) square stencil, placed on a silicone baking mat-lined sheet pan, to form 12 tuiles. Bake until set, about 5 minutes. Cool completely.

## ASSEMBLY

### Pulled sugar garnishes (see page 308)

1. Arrange each Croustillant Tuile at the end of a long plate and top with a quenelle of the Vanilla Cognac Ice Cream. Place a Brown Sugar Shortcake at the other end of each plate, and unmold a Vanilla Panna Cotta onto it. Top with the Red Peach Gelée with Fresh Strawberries, and pipe some Basil-Mascarpone Crème Chantilly at the base of the panna cotta. Spoon some Peach and Blueberry Compote in the center of each plate and decorate with a pulled sugar garnish.



