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# ORANGE SAVARIN

## ORANGE CHIBOUST, BANANA CROUSTILLANT, BLOOD ORANGE SORBET, AND ORANGE CARAMEL SAUCE

*The members of Team DeWitt, husband and wife Tracy DeWitt and David Smoake and their colleague Dan Boman, are all instructors at the Scottsdale Culinary Institute, and they relish a challenge. The dessert they created for the 2009 NPTC featured an orange savarin, a risky choice because it's made with a fickle, yeast-based dough. Happily for them, the dough rose as it was supposed to on the day of the competition, and the dessert was a success. A pool of Orange Caramel Sauce surrounds the savarin, which is topped with a bright Pomegranate Sauce, Orange Chiboust, and a Banana Croustillant. A quenelle of sweet-tart Blood Orange Sorbet pulls together the citrus flavor profile. In a nod to the time theme, the hands of a clock are represented in chocolate, while a loop of pulled sugar outlines the clock's face.*

MAKES 12 SERVINGS

### Orange Chiboust

**200 g (7 oz/¾ cup plus 1 Tbsp plus ¾ tsp) freshly squeezed orange juice**

**20 g (0.7 oz/1 Tbsp plus 1 tsp) freshly squeezed lemon juice**

**50 g (1.76 oz/1 large) whole egg**

**20 g (0.7 oz/2 Tbsp plus 2 tsp) cornstarch**

**130 g (4.58 oz/1 cup plus 2 Tbsp plus 1¼ tsp) granulated sugar**

**5 g (0.17 oz/2½ sheets) gelatin (silver grade), bloomed and drained**

**25 g (0.88 oz/1 Tbsp plus 2 tsp) water**

**50 g (1.76 oz/3 Tbsp plus 1 tsp) egg whites**

**100 g (3.5 oz/½ cup plus 2 Tbsp) heavy cream, whipped to soft peaks**

1. In a saucepan, combine the orange and lemon juice and bring to a boil over high heat. Meanwhile, in a bowl, whisk together the egg, cornstarch, and 30 g (1.05 oz/2 Tbsp plus 1¼ tsp) of the sugar until smooth. Whisk half of the hot orange juice mixture into the egg-sugar mixture to temper the eggs and continue to whisk until smooth. Return the entire mixture

to the saucepan and cook, whisking constantly, until it comes to a boil and thickens. Remove from the heat and whisk in the drained gelatin. Transfer the pastry cream to a large bowl.

2. In another saucepan, cook the remaining 100 g (3.5 oz/1 cup) sugar with the water over medium heat. Meanwhile, in the bowl of a stand mixer fitted with the whisk attachment, begin beating the egg whites on medium speed. When the sugar syrup reaches 238°F (114°C), slowly add the syrup to the beating whites. Beat on high speed until the whites are cool, stiff, and glossy and have formed a meringue. Fold the meringue into the pastry cream. Fold in the whipped cream. Cover and refrigerate until ready to use.

## Orange Syrup

**1 kg (35.27 oz/1 qt plus 3 Tbsp plus 2¼ tsp) water**  
**400 g (14.1 oz/2 cups) granulated sugar**  
**2 large strips orange zest, white pith removed**  
**2 large strips lemon zest, white pith removed**  
**2 cinnamon sticks**  
**200 g (7 oz/¾ cup plus 1 Tbsp plus ¾ tsp) freshly squeezed orange juice**  
**100 g (3.5 oz/½ cup plus 1 Tbsp plus 1½ tsp) orange liqueur**

1. In a saucepan, combine the water, sugar, orange and lemon zests, and cinnamon sticks and bring to a boil over high heat, stirring to dissolve the sugar. Remove from the heat and allow to infuse, covered, for 30 minutes. Stir in the orange juice and orange liqueur. Cover and refrigerate until ready to use.

## Savarin

**168 g (6 oz/1¼ cups plus 2 tsp) bread flour**  
**168 g (6 oz/1¼ cups plus 3 Tbsp plus 1½ tsp) cake flour**  
**30 g (1.05 oz/2 Tbsp plus 1¼ tsp) granulated sugar**  
**10 g (0.35 oz/1 Tbsp plus ¾ tsp) dry instant yeast**  
**7.5 g (0.26 oz/1½ tsp) salt**  
**356 g (12.55 oz/7 large) eggs**  
**150 g (5.3 oz/1 stick plus 2⅔ Tbsp plus 2 tsp) unsalted butter, cut into tablespoons and softened**

1. In the bowl of a stand mixer fitted with the paddle attachment, mix together the flours, sugar, yeast, salt, and eggs. Continue to mix on medium-low speed for 8 to 10 minutes until the dough is well developed. Add the softened butter 1 tablespoon at a time, mixing until well blended. Divide the dough among twelve 3-in (7.6-cm) flexible, silicone savarin molds and set aside to proof until doubled in volume.
2. Preheat the oven to 375°F (190°C).
3. Bake the savarins until light golden brown on top. Remove from the molds and place on a sheet pan. Bake for 5 to 6 minutes longer, or until golden brown. Transfer them to a wire rack placed over a sheet pan.
4. While they are still warm, brush the savarins generously with the Orange Syrup. Cool.

## Orange Caramel Sauce

**225 g (7.93 oz/1 cup plus 2 Tbsp) granulated sugar**  
**80 g (2.82 oz/1/3 cup plus 1 1/4 tsp) water**  
**2 vanilla beans, split lengthwise and seeds scraped**  
**12 g (0.42 oz/2 Tbsp) finely grated orange zest**  
**100 g (3.5 oz/1/3 cup plus 1 Tbsp plus 2 tsp) freshly squeezed orange juice**  
**40 g (1.41 oz/2 Tbsp plus 2 1/4 tsp) orange juice concentrate**  
**3 g (0.1 oz/1/2 tsp) salt**

1. In a saucepan, combine the sugar with 50 g (1.76 oz/3 Tbsp plus 1 tsp) of the water and the vanilla bean seeds and pods and cook over medium-high heat to a light caramel. Deglaze with the remaining 30 g (1.05 oz/2 Tbsp) water, the orange zest, orange juice, and orange juice concentrate. Add the salt and strain through a fine-mesh sieve. Cool, then cover and refrigerate until ready to use.

## Banana Croustillant

**100 g (3.5 oz/1 medium) peeled ripe banana**  
**60 g (2.1 oz/1/2 cup plus 1 1/2 tsp) pastry flour**

1. Preheat the oven to 400°F (205°C).
2. Mash the banana, then stir in the flour. Spread out the batter in a thin layer over a 7 x 1 1/2-in (17 3/4 x 3.8-cm) rectangular stencil, placed on a silicone baking mat-lined sheet pan, to make 12 croustillants. Bake until golden brown, 4 to 6 minutes. While still warm, shape each croustillant into a spiral.

## Pomegranate Sauce

**94 g (3.31 oz/1/3 cup plus 2 Tbsp plus 1 1/2 tsp) granulated sugar**  
**3 g (0.1 oz/1 tsp) pectin NH**  
**94 g (3.31 oz/1/3 cup plus 1 Tbsp plus 1 1/2 tsp) pomegranate purée**  
**1 g (0.03 oz/a few drops) freshly squeezed lemon juice**

1. In a bowl, mix together the sugar and pectin. Place the pomegranate purée in a saucepan and add the sugar mixture. Bring to a boil over medium-high heat, stirring frequently. Cool and stir in the lemon juice. Cover and refrigerate until ready to use.

## Blood Orange Sorbet

**333 g (11.74 oz/1 cup plus 3 Tbsp) blood orange pulp**

**93 g (3.28 oz/⅓ cup plus 2 Tbsp plus 1½ tsp) granulated sugar**

**40 g (1.41 oz/¼ cup) glucose powder**

**3.3 g (0.11 oz/1 tsp) sorbet stabilizer**

**83 g (2.92 oz/⅓ cup plus 2 tsp) water**

1. In a saucepan, combine 83 g (2.92 oz/⅓ cup plus 2¼ tsp) of the blood orange pulp with the sugar, glucose, sorbet stabilizer, and water and cook over medium heat to 185°F (85°C), stirring frequently. Remove from the heat and cool.
2. Stir in the remaining 250 g (8.8 oz/⅓ cup plus 2 Tbsp plus ¾ tsp) blood orange pulp. Chill the sorbet base in an ice bath, then process in an ice cream machine according to the manufacturer's instructions.

## ASSEMBLY

**Pulled sugar loops (see page 308)**

**Chocolate clock hands garnishes**

1. Place each Savarin in the center of a shallow bowl and spoon some Pomegranate Sauce in its center. Top with a large spoonful of Orange Chiboust. Arrange a pulled sugar loop in the chiboust, along with the chocolate clock hands. Arrange one end of a Banana Croustillant spiral on each savarin and the other end on the edge of the plate. Place a quenelle of Blood Orange Sorbet on the croustillant at the edge of each plate. Spoon some Orange Caramel Sauce around each savarin.

