

TEAM DE SILVA 2005

Mohan De Silva

Julie Jangali

Fabrice Bendano

STRAWBERRY TIAN

Team De Silva's dessert for the 2005 NPTC was their take on a classic French orange tian. Instead of oranges, they decided to feature fraises des bois—small, intensely flavorful wild strawberries—in the dessert. But the day before the competition, their precious produce order did not show up, so they resorted to using ordinary strawberries—a huge disappointment for team member Fabrice Bendano. But Bendano carried on, topping a round of buttery Brêton shortcrust with a Strawberry-Mint Whipped Cream and a circle of ripe strawberry slices. A Mascarpone Ice Cream served in an Orange Tuile cup and a Strawberry-Mint Sauce accompany what turned out to be a simple, elegant dessert.

MAKES 12 SERVINGS

Shortcrust Brêton

500 g (17.6 oz/4 sticks plus 3 Tbsp plus 1½ tsp) unsalted butter**400 g (14.1 oz/2 cups) granulated sugar****9 g (0.3 oz/½ large) egg yolk****600 g (21.16 oz/5 cups) all-purpose flour****40 g (1.4 oz/2 Tbsp plus 2⅞ tsp) baking powder****10 g (0.35 oz/1½ tsp) salt****2 vanilla beans, split lengthwise and seeds scraped**

1. Preheat the oven to 350°F (175°C).
2. In a stand mixer fitted with the paddle attachment, cream the butter and sugar together on high speed. Add the egg yolk and mix until blended.
3. Combine the flour, baking powder, and salt and add to the butter mixture, along with the vanilla bean seeds, mixing on low speed. Shape the dough into a disk and roll it out to a thickness of ⅛ in (3.17 mm). Cut out twelve 3-in (7.6-cm) rounds from the dough and arrange them on a silicone baking mat-lined sheet pan. Bake for 8 to 10 minutes. Cool completely.

Strawberry-Mint Whipped Cream

1 kg (35.27 oz/1 qt plus ⅓ cup) heavy cream
150 g (5.3 oz/1 cup plus 3 Tbsp plus ¾ tsp) confectioners' sugar
100 g (3.5 oz/⅓ cup plus 2 Tbsp) strawberry-mint purée

1. In the bowl of a stand mixer fitted with the whisk attachment, whip the cream with the sugar on high speed to firm peaks. Fold the whipped cream into the strawberry-mint purée. Cover and refrigerate until ready to use.

Orange Tuile

125 g (4.4 oz/1 stick plus 2¼ tsp) unsalted butter
250 g (8.8 oz/1¼ cups) granulated sugar
100 g (3.5 oz/⅓ cup plus 1 Tbsp plus 1½ tsp) freshly squeezed orange juice
63 g (2.2 oz/½ cup plus 1¼ tsp) all-purpose flour
125 g (4.4 oz/1½ cups) sliced almonds

1. Preheat the oven to 375°F (190°C).
2. In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and sugar on high speed. Add the orange juice and mix until combined. Reduce the speed to low, add the flour, and mix just until blended.
3. Spread the batter over a 5-in (12.7-cm) round stencil, placed on a silicone baking mat-lined sheet pan, to form 12 tuiles. Sprinkle with some sliced almonds and bake for 8 to 10 minutes. While still warm, ease each tuile into a muffin cup to form a cup shape.

Strawberry-Mint Sauce

500 g (17.6 oz/2 cups plus 2 Tbsp plus 2¼ tsp) strawberry-mint purée
100 g (3.5 oz/½ cup) granulated sugar
15 g (0.5 oz/1 Tbsp) raspberry liqueur
15 g (0.5 oz/1 Tbsp) orange liqueur
15 g (0.5 oz/1 Tbsp) orange blossom water

1. In a double boiler, heat the strawberry-mint purée and sugar, stirring frequently until the sugar dissolves. Cool in an ice bath.
2. Stir in the raspberry and orange liqueurs and orange blossom water. Cover and refrigerate until ready to serve.

Mascarpone Ice Cream

2 vanilla beans, split lengthwise and seeds scraped
500 g (17.6 oz/2 cups plus 1 Tbsp) whole milk
500 g (17.6 oz/2 cups plus 2 Tbsp plus 1½ tsp) heavy cream
270 g (9.5 oz/1½ cups) granulated sugar
200 g (7 oz/10¼ large) egg yolks
475 g (16.7 oz/scant 2 cups) mascarpone cheese
50 g (1.7 oz/2 Tbsp plus 1 tsp) glucose syrup
20 g (0.7 oz/3 Tbsp plus 1 tsp) finely grated lime zest

1. In a medium saucepan, combine the vanilla seeds and pods, milk, cream, and half of the sugar and cook over low heat for about 12 minutes. Turn off the heat, but leave the saucepan on the stovetop.
2. In a medium bowl, combine the egg yolks with the remaining sugar, mascarpone cheese, glucose, and lime zest. Add some of the hot milk mixture to the egg yolk mixture to temper the eggs, then return the entire mixture to the saucepan. Cook over low heat, stirring with a wooden spoon until the sauce thickens enough to coat the back of the spoon and reaches 175°F (80°C). Strain the custard into a shallow pan and cover its surface with plastic wrap; keep the edges of the wrap raised so steam can escape. Chill for 4 hours.
3. Process the base in an ice cream machine according to the manufacturer's instructions.



ASSEMBLY

Fresh strawberries

Red sugar decorations

1. Place each shortcrust disk in a metal ring lined with acetate. Pipe a layer of Strawberry-Mint Whipped Cream on top. Slice some fresh strawberries and arrange them on top of the cream. Refrigerate for 10 minutes.
2. Decorate each plate with Strawberry-Mint Sauce. Remove the ring and acetate from each shortcrust and place one dessert on each plate. Place a scoop of Mascarpone Ice Cream in an Orange Tuile cup and place it on the plate. Garnish with a sugar decoration.

