

# Vanilla Tea, Tonka Bean and Cinnamon Poached Meringue, Toffee Brioche and Cumquat Sabayon



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- Sub Category Name  
Food  
Desserts
- Recipe Source Name  
The Chefs and the Tea Maker - 2008

## Used Teas



Vanilla

## Ingredients

Vanilla Tea, Tonka Bean and Cinnamon Poached Meringue, Toffee Brioche and Cumquat Sabayon

**FIRST DISH COMPONENT**



## Meringue

- 3 Eggs (whites only)
- ½ Lemon (juiced)
- 1 teaspoon Corn flour
- 80g Castor sugar

## Vanilla Tea Poaching Liquid

- 9 tea bags Dilmah Vanilla Tea
- 500ml Fresh water
- 200g Castor sugar
- 2 Tonka beans (finely grated)
- 1 Cinnamon stick

## SECOND DISH COMPONENT

### Brioche

- Any great bakery will have brioche and is fine for this recipe, but if you are willing to spend a little time and effort, it is well worth doing it yourself:

#### *First step*

- 160g Plain Flour
- 40g Fresh yeast
- 100ml tepid Water

#### *Second step*

- 480g Plain Flour
- 8 free range Eggs (60g)
- 45g Castor Sugar
- 1 teaspoon Sea Salt
- 500g softened unsalted Butter

### Toffee (This is a 'dry' toffee method, it is quick and very effective.)

- 200g Castor Sugar

## THIRD DISH COMPONENT

### Cumquat Syrup

- 2 Cumquats (halved)



- 150g Castor Sugar
- 400ml Water
- 30ml Brandy

### **Sabayon**

- 4 free range Eggs (yolks only)
- 2 teaspoons Castor Sugar
- 50ml Cumquat Syrup
- 120ml whipped Cream
- Candied Cumquats

## **Methods and Directions**

### **Vanilla Tea, Tonka Bean and Cinnamon Poached Meringue, Toffee Brioche and Cumquat Sabayon**

#### **FIRST DISH COMPONENT**

##### **Meringue**

- Whip the egg whites to soft peaks, add lemon juice and corn flour and finally, slowly add castor sugar until a firm, silky meringue forms. Be careful not to over work the whites as they will become grainy and tough.

##### **Vanilla Tea Poaching Liquid**

- Boil the water, add the tea bags, castor sugar, grated tonka beans and cinnamon stick.
- Leave to stand for 30 minutes to infuse the flavours.
- Remove the tea bags and strain. Pour the liquid into a deep frying pan, heat and simmer for 20 minutes.
- Using either 2 table spoons or serving spoons, make quenelles with the meringue, two per serving, and poach in the tea liquid. Turn the meringues every 10 seconds until they have firmed.

#### **SECOND DISH COMPONENT**

##### **Brioche**

###### *First step*

- Combine yeast and tepid water. Sift flour into a basin, add yeast and water, mix to a dough, cover and leave in a warm area until doubled in size.

###### *Second step*



- Sift flour into a large bowl, make a well in the center, pour in lightly beaten eggs, sugar and salt, mix.
- Add softened butter and knead well.
- At this stage combine both doughs and mix till smooth and silken, cover and leave aside until doubled in size, this will take approximately 3 hours. 'Knock back' the dough and form into 2 equal sized balls, place into a lightly oiled bread tin (6 inches by 4 inches and at least 4 inches deep).
- Let it stand for a further 10 minutes and bake in a moderate oven (170-180°C).
- Remove from oven and turn out onto a cooling rack. When cool, slice the brioche as you would for thick toast and cut into rounds using a cookie cutter or cup. There will be extra brioche left, so try freezing or it is perfect for bread and butter pudding.

### **Toffee**

- Pre-heat a frying pan till it is hot, add sugar carefully and slowly, move the frying pan back and forth for 30 seconds.
- Now using a wooden spoon move the sugar around the pan until it has dissolved and caramelized.
- Remove from the heat, add 1 disc of brioche at a time and carefully coat with the toffee (for best results use day old brioche). When all brioche are coated place on a cold, lightly greased surface until they are crisp.

### **THIRD DISH COMPONENT**

#### **Cumquat Syrup**

- Combine water, castor sugar and brandy, bring to the boil and reduce by half. Add halved cumquats and gently simmer until they become translucent

#### **Sabayon**

- Combine the egg yolks and sugar in a stainless steel bowl and whisk over a boiling pot of water until the eggs become lighter in colour, thickened with volume and the whisk leaves trails or 'ribbons' through the mixture.
- Remove from the heat and cool (try sitting the mixture in a bowl of iced water).
- When cool, add cumquat syrup and fold through whipped cream, refrigerate.