

# Almond, Rose with French Vanilla Parfait, Chocolate Doughnut, Caramelized Fig and Peppermint and English Toffee Tea Sauce



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- Sub Category Name  
Combo  
Appetisers
- Recipe Source Name  
The Chefs and the Tea Maker - 2008

## Used Teas



Exceptional Rose  
With French Vanilla



Exceptional  
Peppermint and  
English Toffee



Exceptional Italian  
Almond Tea

## Ingredients

### Caramelized Figs Caramelized Figs

- 6 black figs



- Raw sugar

### **Peppermint and English Toffee Tea Sauce**

### **Peppermint and English Toffee Tea Sauce**

- 3 tea bags Dilmah Exceptional Peppermint and English Toffee
- 250ml Milk
- 3 Egg yolks
- 60g Castor Sugar

### **Doughnut Pastry**

### **Doughnut Pastry**

- 125g Flour
- 1 Egg
- 10g Sugar
- Pinch of Salt
- 20ml Water
- 10g Yeast
- 80g Butter (diced and softened)

### **Doughnut Filling**

### **Doughnut Filling**

- 55g Chocolate
- 35g Cream
- 10ml Muscat

### **Almond, Rose with French Vanilla Parfait**

### **Almond, Rose with French Vanilla Parfait**

- 20ml Dilmah Exceptional Italian Almond Tea
- 20ml Dilmah Exceptional Rose with French Vanilla
- 115g Castor Sugar
- 40ml Water
- 2 Eggs
- 2 Egg Yolks
- 200ml pouring Cream (whipped until medium peaks form)

## **Methods and Directions**

### **Caramelized Figs**

### **Caramelized Figs**

- Cut the bottom and top portions off the figs. Sprinkle one side which is cut with sugar and caramelize with a blow torch or under a grill.

### **Peppermint and English Toffee Tea Sauce**



## **Peppermint and English Toffee Tea Sauce**

- Infuse the tea bags with the milk and remove tea bags. Cream the yolks and sugar together, pour over the hot milk and whisk together. Return to a saucepan and cook on a gentle heat to a coating consistency. Set aside to cool.

## **Doughnut Pastry**

### **Doughnut Pastry**

- Make the dough with flour, egg, sugar, salt, water and yeast.
- Knead in the butter one knob at a time. Knead until smooth.
- Leave in a bowl until the dough doubles in size and knock back. Roll out with a dough pin until it reaches 3mm thickness and cut into twelve 5cm discs with a pastry cutter.
- Glaze six discs with egg and place the chocolate balls in the centre. Place the remaining discs on top and press down using a 4cm pastry cutter. Freeze.
- When ready to serve, deep fry until it reaches a golden colour and sprinkle with sugar.

## **Doughnut Filling**

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- Warm the cream and Muscat and pour over the chocolate to melt. Mix the ingredients together and leave to set. Scoop six balls with a Persian scoop for doughnuts.

## **Almond, Rose with French Vanilla Parfait**

### **Almond, Rose with French Vanilla Parfait**

- Heat the castor sugar and water in 130°C. Add the mixture with the eggs into a warmed bowl and whisk until pale in colour. Turn machine down to half speed and slowly pour the sugar mix down the side of the bowl, turn speed back onto high until the mixture turns pale, thick and cool. Add the tea into the mixture and fold in the whipped cream in three lots to maximise aeration. Pour into desired individual moulds and freeze overnight.