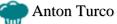# SPICED FLOATING ISLAND WITH PINEAPPLE SALSA

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- Sub Category Name
  Food
  Desserts

- Recipe Source Name
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Ingredients

SPICED FLOATING ISLAND WITH PINEAPPLE SALSA
Meringue

- ½ cup egg white
- ½ cup castor sugar
- 1l Milk

Spiced Custard

- 4 cups full cream milk
- 4 egg yolks
- 1 cup sugar
- 5 cloves
- 2 star anises
- 3 sticks of cinnamon

Pineapple Salsa

- 100g sugar
- 70 ml water
- 1 cinnamon stick

- 2 cloves
- 4 lime leaves
- 1 red chilli (sliced)
- 1 large pineapple (diced)

Methods and Directions

SPICED FLOATING ISLAND WITH PINEAPPLE SALSA
Meringue

- Whisk the egg white on high speed, slowly add castor sugar.
- Keep whisking until the sugar is completely dissolved and the mixture becomes white and forms stiff peaks.
- Heat a large pot of hot milk (the milk should not be too cold nor boiling rapidly).
- Spoon the meringue into the hot milk and poach for approximately 2 minutes or until the surface of the meringue gets firm.
- Place on a clean paper towel to drain excess water.

Spiced Custard

- Bring the milk and all of the spices up to a boil, turn to simmer and let infuse for 30 minutes.
- Whisk the sugar and the egg yolks until light and fluffy.
- Strain the milk well and slowly pour into the egg yolks and sugar mixture while whisking.
- Cook the mixture on top of the bain-marie until the mixture is thickened and coats the wooden spoon.

Pineapple Salsa

- Combine water, sugar and all of the spices.
- Bring up to a gentle boil to make sugar syrup.
- Then pour the hot mixture of the sugar syrup on top of the diced pineapple to infuse.
- To serve, place a spoonful of pineapple salsa at the bottom of the serving glass.
- Pour in the chilled Anglaise; carefully place the poached meringue on top.
- Garnish with julienne lime leaves and chilli to elevate the flavour.