

# HONEY CUSTARD WITH SABLE BISCUIT AND LAVENDER FOAM



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Vilmos Dohnal



Wesley Schipper

A warm honey custard served on a sable biscuit is topped with lavender foam and petals.

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Dilmah Real High Tea Global Challenge 2015

## Used Teas



Yata Watte

## Ingredients

### HONEY CUSTARD WITH SABLE BISCUIT AND LAVENDER FOAM

#### Honey Custard



- 1L Cream
- 24 Egg Yolks
- 440g Honey, warm
- Touch of Salt

### **Lavender Foam**

- 200g Glucose
- 300ml Water
- 50g Sugar
- 6g Lavender
- 2g Salt
- 2 ½ Gelatin Leaves

### **Sable Biscuit**

- 420g Flour
- 280g Sugar
- 250g Butter (best quality, unsweetened)
- 2 Large Eggs
- Pinch of Salt

## **Methods and Directions**

### **HONEY CUSTARD WITH SABLE BISCUIT AND LAVENDER FOAM**

#### **Honey Custard**

- Warm up the honey in a medium saucepan. Mix it with the cream and the lightly whisked egg yolk. Keep it warm. Pour the mixture into a deep silicon form. Cook in the oven at 90°C for 50 minutes.

#### **Lavender Foam**

- Bring to boil the glucose, sugar and water, add the dried lavender. Take off heat and infuse for one hour under cling film. Add the salt and the soaked gelatin leaf. Chill the mixture over ice, then fill it into isi espuma guns, use 2 chargers.

#### **Sable Biscuit**

- Prepare the dough at least 8 hours in advance. In a large whisking bowl combine the flour with the sugar and salt. Add the eggs, mix it roughly then add the butter. To prevent the dough from getting too warm, work on a cold surface. Store in the fridge. Bake at 160°C for 67 min.



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