

HONEY CUSTARD WITH SABLE BISCUIT AND LAVENDER FOAM



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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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