



Chef : Adrien Zedda

Fresh grapefruit, tarragon cream, caramelised hazelnut, meringue, grapefruit ice-cream, grapefruit jelly

Ingrediënts for 10 people:

For the meringue:

- 250g egg white
- 250g castor sugar
- 250g icing sugar

For the tarragon cream:

- 500g milk
- 500g of cream
- 6 egg yolks
- 100g caster sugar
- 1 bunch tarragon

For the grapefruit jelly:

- 500g grapefruit juice
- 70g sugar
- 7g agar agar

For the hazelnut praliné:

- 200g water
- 200g sugar
- 200g crushed and roasted hazelnut

For the grapefruit ice-cream: 500g milk

- 250g of cream
- 5 egg yolks
- 200g caster sugar
- 150g grapefruit juice

To serve:

- 5 grapefruit
- 1 bunch tarragon

Preparation:

For the meringue:

Whisk the egg whites until stiff. Fold in the castor sugar and then icing sugar with a spatula. Spread a layer approx. 3cm thick onto a baking tray lined with grease-proof paper and cover with a second sheet of grease-proof paper. Bake at 120°C for approx. 3 hours. Remove the meringue, allow to cool and then crumble.

For the tarragon cream:

Place the milk, cream and tarragon in a saucepan and bring to the boil. Add the egg yolks and sugar and whisk. Pour everything through a sieve onto a baking try lined with grease-proof paper. Bake in the oven at 100°C for about 2 hours. Remove and blend until smooth and transfer to a 1L whipped cream dispenser.

For the grapefruit jelly:

Bring the grapefruit juice and sugar to a boil. Add the agar agar and a whisk well. Continue to cook over high heat for 1 min then set aside to cool for 2 hours. Mix and strain through a sieve.

For the hazelnut praliné:

Combine the water and sugar in a saucepan. Bring to a boil. Add the hazelnuts and continue to cook until the sugar caramelises and coats the hazelnuts.

For grapefruit ice-cream:

Make a custard with the ingredients. Add the grapefruit juice and mix. Transfer to a pacojet bowl, freeze and then pacotise.

To serve:

Peel and separate the grapefruit into segments. Dry 1 bunch of tarragon in the dehydrator and then mix into a very fine powder.

Place the grapefruit segments in bowls. Top with tarragon cream, caramelised hazelnuts, crushed meringue, dabs of grapefruit jelly, a scoop of grapefruit ice-cream and a pinch of tarragon powder.