

Baba au Calvados arrangé, vanilla mascarpone whipped cream, caramelized apples

Recipe for 4 pers

Description

A timeless classic with many possibilities.

Note

A very different technique from traditional baba dough, this recipe is closer to a cookie, and simpler to make.

The choice of moulds can influence the cooking time.

If you leave your Baba in the syrup for too long, it will fall apart.

Ingredients

Syrup

- 200 Ml Calvados
- 800 Ml Water
- 500 Gr Sugar
- 1 Stick(s) Cinnamon
- 1 Unit(s) Star anise
- 1 Stick(s) Lemongrass

Mascarpone cream

- 75 Gr Mascarpone cheese
- 1 Unit(s) Vanilla bean
- 50 Gr Sugar
- 200 Ml 35% whipping cream

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **375 F°**
- Resting time **30 mins**

Syrup

Bring the syrup to the boil in a saucepan, stop cooking, cover with cling film and leave to infuse.

Soak the Baba

Dip the cold Baba into your warm syrup and let it swell, keeping an eye on it as you press lightly

Baba mix

- 3 Berries Eggs yolk
- 100 Gr Sugar
- 3 Tbsp Milk
- 50 Gr Melted butter
- 120 Gr Flour
- 5 Gr Baking powder
- 3 Unit(s) Egg white
- 50 Gr Sugar

Caramelized apples

- 2 Unit(s) McIntosh apple
- 50 Gr Butter
- 75 Gr Sugar

with your fingers.

Carefully remove the Baba with a skimmer.

Baba biscuit

In a bowl, whisk the egg yolks with the sugar (100g), add the milk, then the melted butter.

Sift the flour, mix the baking powder with it, add to the first mix in the bowl, mix again.

Beat the egg whites until stiff (bird's beak), folding in the sugar (50g). Fold the meringue into the bowl using a Maryse.

Butter individual molds of your choice, filling to 3/4 with Baba cookies. Bake in a hot oven for approximately 20 minutes.

Mascarpone cream

Whip the cream with a whisk in a chilled container and set aside in the fridge.

In a bowl, whisk the Mascarpone cheese with the sugar and vanilla, then gently fold in the whipped cream.

Caramelized apples

Peel and core the apples and cut into quarters (4).

In a frying pan, melt the butter, add some of the sugar, once lightly caramelized, add the apple wedges, sprinkle with the remaining sugar.

Caramelize the apple wedges.

Bon appétit!