

Cointreau parfait, citrus supremes with roasted almond slivers

Recipe for 4 persons

Description

The Cointreau parfait topped with vanilla, citrus and caramelized hazelnuts garnishing the top.

Ingredients

For the parfait

- 7 Unit(s) Egg yolk
- 1 Tbsp Water
- 200 Gr Sugar
- 50 Ml Water
- 500 Ml 35% whipping cream
- 35 Ml Cointreau

For the citrus

- 2 Unit(s) Orange
- 1 Unit(s) Pink grapefruit
- 1 Unit(s) Vanilla bean

For the hazelnuts

- 12 Unit(s) Hazelnuts
- 95 Gr Icing sugar

Preparation

- Preparation time **120 mins**

For the parfait

In the bowl of a stand mixer, combine the yolks as well as a tablespoon of water. On maximum speed, whip the yolks.

In a sauce pot, bring the water and sugar to a boil. Remove this syrup from the heat, reduce the speed on the stand mixer and slowly pour the hot syrup into the yolks. Increase the speed of the mixer slightly and continue to beat until the mixture cools down completely. Now you can add the Cointreau. Set aside in a separate bowl in the fridge.

In the stand mixer bowl, whip your 35% cream until it forms peaks. Next incorporate the whipped cream into the original syrup and egg yolk mix from earlier. Once fully incorporated, you can place into the molds and set in freezer for at least 2 hours.

For the citrus

With a sharp knife, remove the peel of each citrus fruit, starting with the top and bottom, then taking off the sides. Try to remove all of the pith (white) as it has a bitter taste. Next remove the wedges of flesh from each fruit. Split a vanilla bean in half and combine with the citrus supremes. Set aside.

For the hazelnuts

In a sauce pot on medium heat, combine the hazelnuts and sugar. Cook until you achieve a nice

golden brown color then pour onto a baking sheet with parchment paper. Let fully cool and finally chop into large chunks.

Bon appétit!