

Cortland apple stir-fry with cardamom, Marsala zabaione, Breton shortbread

Recipe for 4

Description

Note

In the summer, you can replace the apples by red berries or citrus supremes.

Ingredients

Apples

- 2 Unit(s) Cortland apple
- 50 Gr Brown sugar
- 2 Tbsp Raisins blonds
- 6 Grape(s) Cardamom
- 1 Clove(s) Vanilla bean

- Butter

Zabaione

- 8 Unit(s) Egg yolk
- 70 Gr Sugar
- 80 Ml Marsala

- Butter

Shortbread

- 2 Unit(s) Egg yolk
- 1 Unit(s) Egg
- 120 Gr Sugar
- 8 Gr Baking powder
- 115 Gr Salted butter
- 150 Gr Flour

- Butter

Ice cream

- 4 Scoop(s) Vanilla ice cream

- Butter

Preparation

- Preparation time **40 mins**
- Preheat your **Oven** at **355 F°**

Apples

Put your raisins in a bowl of warm water and maple syrup (half-half) for 1 hour.

Peel and scoop out the apples, slice in quarters. Crush the cardamom to release the little black seeds.

In a hot pan, melt the butter, add the brown sugar and let caramelize.

Add the cardamom and the vanilla bean seeds and the apples. Caramelize on each side.

Remove from heat and keep aside in a plate. Drain the raisins, throw in the pan and deglaze. Let reduce. Remove from heat and add the apples.

Shortbread

With a blender, bring to a foam the egg yolks and the sugar for few minutes. Add the butter and the dry ingredients (sieved). Fill a pastry bag with a plain tip and keep aside in the fridge.

Butter the inside of round cookie cutters. Cover a pastry tray with baking paper and put them on it. Fill them to about 1/4 and bake in the oven for about 15 to 20 minutes.

Remove from the oven and remove the circles. Let aside for 5 minutes and cut in halves.

Zabione

Bring a bit of water to a boil in a pot.

In a little mixing bowl, add the yolks and the sugar. Whip until white. Then add the marsala wine and mix.

Put the mixing bowl on top of the pot (water bath) and whip non stop drawing 8s until the mix doubled its size and is foamy.

Remove from heat and pour on the apples.

You can serve as is or broiled in the oven for 2 minutes before serving.

Plating

Crush the cookie into little pieces at the bottom of a bowl.

Add 4 pieces of apples and some raisins and juice reduction.

Cover with a scoop of ice cream and zabaione.

Bon appétit!