

Diplomat cream, lady finger cookies, red fruits, strawberry coulis

Recipe for 4

Description

A cream which constitutes the base of certain Italian desserts you can also use fruits of season according to the period.

Note

A cream of Italian origin that you can also find in the Fraisier, Mille-Feuille and Tropicane.

The pastry cream, it is very important to cook it well after boiling, it is necessary to kill the possible germs, it will also ensure you a good texture.

Ingredients

Diplomat Cream

- 225 Ml Milk
- 2 Clove(s) Vanilla bean
- 45 Gr Egg yolk
- 45 Gr Sugar
- 23 Gr Cornstarch
- 1.50 Leaf(ves) Gelatin
- 225 Gr 35% whipping cream

Strawberry coulis, Lady finger cookie

- 0.50 Lb Diced strawberries
- 1 Tbsp Sugar
- 2 Tbsp Water
- 8 Unit(s) Lady fingers
- 0.50 Lb Raspberries
- 0.50 Lb Strawberry

Preparation

- Preparation time **60 mins**
- Resting time **30 mins**

Diplomat Cream

Pastry

gelatin to soften it.

In a bowl of cold water, immerse the

In a saucepan, bring the milk and vanilla to a boil (open the pod and scrape it out).

Mix the sugar with the cornstarch, in a bowl, put the egg yolks, add the sugar and cornstarch mixture and whisk energetically for a few seconds.

Pour some of the boiling milk on the mix, make sure to dilute the mixture in the milk, pour back into the pan, put it on the fire.

Without stopping to whip your cream in the pan, bring it to a boil for a good minute.

Take the gelatine out of the water and squeeze it between your hands (drain it well).

Remove from the heat and add it to the hot cream, dissolving it well in the cream.

Crème montée

the cold 35% cream, whip it until the desired consistency (not too stiff),

In a cold bowl (or electric mixer), pour the

Finishing

Once the custard is cold, whip it to

smooth it. Then you have to gently mix the two creams together.

Strawberry coulis, Lady finger cookie

Pour the strawberry cubes into a blender, add the water and sugar and blend to obtain the coulis.

Break the ladyfinger cookies into several pieces.

Carefully cut up the strawberries and a few raspberries for finishing when assembling the dessert.

Assembly

In a bowl or verrine, place the pieces of cookies, cover them well with the coulis. Using a pastry bag or a tablespoon, cover with the Diplome cream, finish with a few fruits.

Bon appétit!