

Light almond powder cake, cardamom custard and vanilla ice cream

Recipe for 12

Description

Note

Be careful, the cooking indications are only information, your oven is not like any other. Be sure to play with the time or temperature depending on the power of your oven. This works for all baking recipes.

You have two ways to infuse your cardamom in the milk for the custard, either the day before you crush the cardamom and plunge it in the cold milk (cold infusion), or you do as explained in the recipe (hot infusion) more commonly used but not necessarily the most interesting. It's up to you to test and make your own idea.

Ingredients

- 4 Unit(s) Egg
- 180 Gr Sugar
- 1 Clove(s) Vanilla bean
- 200 Gr Almond powder
- 100 Gr Melted butter
- 250 Ml Milk
- 3 Unit(s) Egg yolk
- 50 Gr Sugar
- 5 Unit(s) Cardamom seeds
- 4 Scoop(s) Vanilla ice cream
- 2 Tbsp Icing sugar

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **30 mins**

Almond cookie

In a bowl or your electric mixer, using the whisk, whip the eggs and sugar, add the seeds of the vanilla bean. Count approximately 8 mn has a speed (medium +).

During this time, place the butter in the microwave to melt it.

Pass the almond powder through a sieve to make sure it doesn't form lumps.

Butter and sugar the baking pan you have chosen, ideally place a piece of baking paper in the bottom of the pan and you will butter it again.

Mixing the cookie

Once the eggs and sugar in ribbon, pour over the almond powder and fold with a maryse (plastic spatula).

Add the melted butter in the same way.

The mixture should take a slight consistency, then pour it into your mold.
Place it in the oven, for a diameter of 8 inches, count approximately 25 mn.

Crème anglaise

In a saucepan, bring the milk to a boil with the crushed gardenia.

In a bowl, whisk the egg yolks and sugar until white.

While whisking, gradually add the boiling milk. return the whole to the pan and cook over low heat, stirring constantly with a wooden spoon until the mixture coats the back of the spoon. (Pass the finger, the trace left by the finger should not close).

If you want to get rid of the gardamome, pass the cream through a chinois étamine.

Otherwise you will carry out this operation after cooling.

Cool quickly on ice.

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Place a piece of the almond powder cookie on top, sprinkle with powdered sugar. Place a scoop of ice cream on top, pour the cardamom custard on the side.

Bon appétit!