

Strawberry salad in syrup with a cardamom custard |

Recipe for 12 tapas

Description

Sliced strawberries macerated in sugar, topped with a fresh cardamom custard.

Note

Baume degrees are degrees of density versus the amount of sugar that is contained in a liquid. The higher the degree, the higher the concentration of sugar.

Ingredients

Custard

- 600 Ml Milk
- 5 Unit(s) Cardamom seeds
- 120 Gr Sugar
- 5 Unit(s) Egg yolk
- 1 Clove(s) Madagascar vanilla

Strawberries salad

- 125 Ml Water
- 125 Gr Sugar
- 1 Kg Strawberry
- 1 Unit(s) Lemon

Preparation

- Preparation time **20 mins**

Set up

Wash and remove the stems from the strawberries then slice them. Separate the white from the egg yolks (clarify).

Bring to a boil equal amounts of sugar and water, then stop cooking, let the syrup cool (25° Baume) in the refrigerator or on ice.

Zest the lemons and squeeze the juice.

Custard

In a saucepan, mix the milk, the cream, the vanilla and the crushed cardamom then bring to boil.

In a bowl whisk the egg yolks and sugar until the mixture becomes creamy and has a lighter color. Stir the hot milk gradually into your egg mixture while continuously whisking. Put this new mixture in a clean sauce pot then cook it slowly at medium heat mixing constantly with a wooden spoon until the mixture easily coats the back of the spoon. Strain the custard in a fine mesh sieve then cool it down on an ice bath.

Strawberries salad

In a bowl gather the strawberries slices, the syrup, the zest and lemon juice. Let sit 30 minutes in the fridge (infusion), adjust the amount of syrup if necessary.

Plating

Serve the strawberry salad in a cold bowl or a small wine glass, topped with the custard sauce. Make sure everything is served chilled. You can decorate with a mint leaf and some lemon zest.

Bon appétit!