

## Mango & Passionfruit Parfait

White Chocolate Crumble, Italian Meringue, Mango Compote & Tropical Sorbet

### Ingredients (Serves 6)

#### Mango & Passionfruit Parfait

- 4 Large Egg Yolks
- 75ml Cold Water
- 200G Caster Sugar
- 250g Mango
- 250ml Double Cream
- 75ml Egg Whites

#### White Chocolate Crumble

- 175g Plain Flour
- 50g Caster Sugar
- 50g Brown Sugar
- 100g Butter
- 100g White Chocolate
- 1 Lime Zest

#### Italian Meringue

- 100g Caster Sugar
- 25ml Cold water
- 50g Egg Whites

#### Mango Compote

- 1 Mango
- Small bunch of Coriander
- 10g Red Chilli
- Juice of 1 Lime

#### Tropical Sorbet

- 100ml Passionfruit Juice
- 1 diced Mango
- 200g Caster Sugar
- 250ml Water
- 1 Lime Juice



## **Method**

**Parfait** - For the mango parfait, place the egg yolks, water and half of the sugar into a saucepan and whisk to combine. Place over a low heat and cook gently, stirring occasionally for about ten minutes, until the mixture thickens. Remove from the heat and pour into a mixing bowl. Whisk until the mixture cools and is light and fluffy. Meanwhile, place the mango flesh into a blender and blend until smooth. Pass through a sieve into a bowl.

Whisk the cream and slowly add the mango mixture and whisk until the mixture forms soft peak. Fold in the cooled egg yolk mixture. Place the egg whites into a bowl and whisk until soft peaks form when the whisk is removed. Gradually add the remaining caster sugar, continuing to whisk until stiff and glossy. Fold the egg white mixture into the cream mixture until well combined. Spoon the mixture into six moulds lined with cling film. Place into the freezer for 1-2 hours until completely firm.

**Crumble** - In a bowl, rub together the flour, sugars and cold butter cubes. (It is important that the butter is cold, or you will end up making more of a dough than a crumble.) When a crumble has been achieved, add in the lime zest and mix well. Place a sheet of parchment paper onto a baking tray and transfer the mixture onto this. Cook for 10-12 mins at 160°C (320°F). Once cooked, remove and allow to cool. Once the mixture has cooled, blitz in a food processor to get it to a biscuit crumble.

**Meringue** - Put the caster sugar and water into a small saucepan over a medium heat. In a bowl, start to slowly whisk the egg whites until they are just starting to foam. Heat the sugar until it reaches 121°C (250°F). Then slowly pour into the egg whites whilst still whisking. Turn the whisk up to full speed and whisk until cooled to room temperature – the meringue is now ready to pipe.

**Mango Compote** – Dice the mango into small cubes. Thinly dice the red chilli and mix into the mango along with chopped coriander and lime juice.

**Tropical Sorbet** - Begin by making the sugar syrup. Add the water and caster sugar to a saucepan and bring to the boil, stirring occasionally. Set aside to cool while you make the mango purée. Place the mango chunks in a blender and blitz until smooth. Add a splash of the sugar syrup to help it blend smoothly. Place the puréed mango in a large bowl and whisk in the rest of the sugar syrup and the lime juice. Place the mixture into the Ice cream machine to churn or alternatively if you haven't got one transfer into a plastic box or another suitable container and place in the freezer, stirring every hour to break up the ice crystals. It should set in about 3 hours.

**To Serve** – Turn out the parfait onto your plate. A little tip is to just slowly lower the container into some boiling water not allowing the water to reach the top of the parfait. This will allow the sides to soften and turn out easily. Once onto the plate add a generous helping of the crumble followed by some of the mango compote. Pipe the meringue on top of the parfait and if you have a small Blow Torch Just colour the top of the meringue. To finish, with a hot spoon serve a Scoop Of your Tropical Sorbet.