



RECIPE BY CHRISTOPHE TULOUP

# Sorrel

Recipe in 7 steps



1

## Pumpkin and black sesame seed praliné

Caster sugar	125g	36.1 %	Toast the pumpkin and black sesame seeds for 15 mins at 160°C.
Water	30g	8.6 %	
Fleur de sel	1g	0.2 %	Use a sugar thermometer to heat the sugar and water to 116°C.
Black sesame seeds	75g	21.6 %	
Pumpkin seeds	115g	33.2 %	Add the toasted seeds and caramelize. Pour and leave to cool on a silicone mat.
Total	346g	100%	
			Put half the mixture in the food processor to make the praline.
			The other half will be used to add crunch to the dessert.

2

## Duarta 70% chocolate crémeux

Whole milk	113g	12.7 %	Make a custard using milk, cream, yolks and sugar.
Whipping cream	340g	38.3 %	
Egg yolks	93g	10.4 %	Pour onto chopped chocolate then use a hand blender to achieve a smooth emulsion.
Caster sugar	60g	6.7 %	
Dark chocolate DUARTA 70% ORGANIC	280g	31.6 %	Put to one side and leave to set in the fridge for 12 hours.
Total	886g	100%	

3

## Duarta 70% chocolate ganache

Whipping cream	225g	23.8 %	Bring 225g of cream, glucose syrup and invert sugar to the boil.
Glucose syrup	25g	2.6 %	
Invert sugar	25g	2.6 %	Pour the boiling liquid onto chopped Duarta chocolate. Blend.
Dark chocolate DUARTA 70% ORGANIC	197g	20.8 %	
Whipping cream	472g	50.0 %	Add 472g of cold cream.
Total	944g	100%	
			Blend again.
			Put to one side and leave to set in the fridge for 12 hours.
			Whip the ganache into a frosting.
			Pour into a piping bag with a star nozzle ready for service.

4

## Sorrel pesto

Sorrel	266g	44.0 %	Put all the ingredients into the blender.
Olive oil	186g	30.7 %	Pour into a pipette ready for service.
Lemon zest	2g	0.3 %	
Strained lemon juice	66g	10.9 %	
Icing sugar	18g	2.9 %	
Ground almonds	66g	10.9 %	
Total	604g	100%	

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## Wafer curl

Caster sugar	332g	33.4 %	Whisk eggs and caster sugar in the mixer until the pale and frothy.
Eggs	166g	16.7 %	Add sifted flour, cocoa and salt then whole milk and butter melted at 45°C.
Flour	122g	12.2 %	Use a hand mixer to blend then refrigerate for at least 12 hours.
COCOA POWDER 22/24%	36g	3.6 %	Spread thinly on a silicone mat and bake at 180°C for around 8 mins.
Salt	6g	0.6 %	Use a ruler to slice 10cm strips 3.5cm wide then roll them into curls.
Butter	166g	16.7 %	
Whole milk	166g	16.7 %	
Total	994g	100%	

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## Duarta chocolate brownie – Recipe for a 30x45 frame

Eggs	640g	20.3 %	Melt butter, chocolate and cocoa paste at 45°C.
Caster sugar	800g	25.4 %	Whisk eggs and caster sugar.
Butter	800g	25.4 %	Add to the mixture then finish with the sifted cocoa and flour.
Dark chocolate DUARTA 70% ORGANIC	400g	12.7 %	Pour the mixture into a frame on a silicone mat and bake at 170°C for 20-25 minutes.
Pure cocoa mass	100g	3.1 %	Leave to cool, freeze then cut into 1cm cubes.
Flour	400g	12.7 %	
Total	3140g	100%	

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## Sorrel sorbet / Greek yoghurt

Water	175g	22.9 %	Heat water and invert sugar to 40°C. Add the spray-dried glucose, super neutrose and caster sugar mixture.
Invert sugar	25g	3.2 %	
Caster sugar	50g	6.5 %	Heat to 85°C and leave to cool. Blend the cold syrup, herbs, lemon juice and Greek yoghurt until smooth.
Spray-dried glucose	22g	2.8 %	
Super neutrose	3g	0.3 %	Pour into a pacotiser bowl. Freeze.
Greek yoghurt	250g	32.7 %	Pacotise when serving.
Strained lemon juice	22g	2.8 %	
Spinach leaves	175g	22.9 %	
Dill	7g	0.9 %	
Sorrel (1 bunch)	35g	4.5 %	
Total	764g	100%	

## Final assembly

Position an 11cm ring off-centre on the plate.

Dot different sizes of crèmeux and Duarta chocolate ganache onto the plate.

Position 5 wafer curls.

Pipe sorrel pesto and seed praline into the gaps.

Garnish with brownie cubes and nougatine shards.

Finish with red-veined sorrel leaves and a sorbet quenelle.

