

GUEST CHEF

PERFECT PARFAIT

TINY'S HEAD CHEF JOSH GRAY
SHARES ONE OF HIS
FAVOURITE DESSERTS



MANGO PARFAIT

350ml cream
100ml milk
100g sugar, plus extra for meringue
4 egg yolks (keep egg whites)
2 large mangoes, one diced, one sliced
25g yoghurt (natural or Greek)
5g gold gelatine sheets (available at gourmet stores)

Josh Gray (2004 to 2008)



PARFAIT

STEP 1 Steep the gelatine in cold water.

STEP 2 Whisk 250ml cream until soft peak, keep in the fridge.

STEP 3 Combine the remainder of cream with milk and sugar, and dissolve it over a low heat.

STEP 4 Once the sugar has dissolved, add gelatine and allow it to melt. Turn off.

STEP 5 Pour liquid over the yolks, whisking to avoid the yolk scrambling.

STEP 6 Once cooled, add the whipped cream, diced mango, yoghurt and fold.

STEP 7 Place into a lined container and freeze for at least 24 hours.

MERINGUE

STEP 1 With your leftover egg whites, weigh and add double the amount of sugar, (for example, for 50g whites use 100g caster sugar).

STEP 2 Whisk with a mixer or by hand. Add the sugar gradually to avoid a grainy meringue until a hard peak is reached.

STEP 3 Spread meringue thinly on to a large baking tray lined with paper and place in a 95C oven to bake until dry, allow about 40 minutes. Remove from the oven, break into shards and set aside.

STEP 4 To serve, remove parfait from the freezer and cut into desired portions. Place parfait on a serving plate, garnish with sliced mango and pieces of meringue. You may wish to use a kitchen blowtorch to brown the meringue shards.

STEP 5 The key to serving parfait is to allow the dessert to sit on the serving plate to defrost for 10 minutes or so.

SERVES 4-6