

CAYSON DESIGNS
FEATURED CHEF RECIPE

**PASSIONFRUIT PAVOLVA, GUITTARD CHOCOLATE MOUSSE,
COCONUT CRUMBLE**

BY CHEF LASHEEDA PERRY

DARK CHOCOLATE MOUSSE

Ingredients:

Whole eggs, fresh 280g

Granulated sugar 125g

58% chocolate, 312.5g

Dark rum, optional 1 Tablespoon

Heavy Cream 485g

Method of Preparation:

1. Prepare a double boiler by filling a medium sized pot halfway with water.
Bring to a boil. Turn off the heat.
2. Place the chocolate into a stainless steel bowl.
3. Melt the chocolate by placing it over the pot.
4. Place the fresh eggs into a stainless still bowl.
5. Remove the chocolate from the double boiler then place the eggs onto the double boiler.
6. Whisk the eggs until they look warm.
7. Meanwhile, using a kitchen aid or hand held mixer, whip the heavy to soft peaks (consistency of a thick creamy soup).
8. Using a clean kitchen aid or hand held mixer, whip the warm eggs and sugar together until yellow pale in color.
9. By hand using a rubber spatula, quickly but gently fold the chocolate into the egg mixture.
10. Fold in the rum.
11. In two stages, fold in the heavy cream.
12. Pour mousse into desired vessel or container and refrigerate until ready to serve.

PASSION FRUIT PASTRY CREAM

Ingredients:

Whole milk 459g

Granulated sugar 102g

Vanilla bean, spilt ¼ each

Cornstarch 30g

Egg yolks 44g

Butter, unsalted 29g

Passion fruit puree 77g

Method of Preparation:

1. In a medium pot, combine the milk, sugar and vanilla bean and seeds.
2. Bring to a simmer.
3. Place the cornstarch into a medium bowl.
4. Whisking constantly, slowly pour a ½ cup of the warm milk into the bowl with the cornstarch.
5. Place the egg yolks into a medium bowl. Whisking constantly, slowly pour the cornstarch mixture into the egg yolks.
6. Pour mixture back into the pot, and cook over medium-high heat, whisking constantly until it thickens.
7. Remove from the stove and add the butter.
8. Whisk until the butter completely melts.
9. Whisk in the passion fruit puree.
10. Transfer the pastry cream into a storage container then place into an ice bath.
11. Occasionally, whisk the pastry cream until cool.
12. Cover with plastic wrap, pressing it directly on the surface of the pastry cream.
13. Refrigerate until it is cold.

TOASTED VANILLA PAVLOVA

Ingredients:

Fresh whites 172g

Granulated sugar 258g

Vanilla bean extract 2 teaspoons

Method of Preparation:

1. Preheat oven to 250°F.
2. In a heatproof bowl of an electric mixer set over a saucepan of simmering water (this is called a double boiler), combine the eggs and sugar.
3. Cook, whisking constantly, until the sugar has dissolved and the mixture is warm to the touch (approximately 120°F)
4. Attach the bowl to the mixer fitted with the whisk attachment.
5. Whip the egg-white mixture on high speed until it holds stiff (but, not dry) peaks.
6. Continue whipping until the mixture is fully cooled, about 3 minutes.
7. Using an ice cream scoop, place the scooped meringues onto a sheet pan lined with a silpat or parchment paper.
8. Bake until the meringues are dry and can be easily released from the sheet pan.
9. Allow to completely. Store in an airtight container at room temperature.
10. Before serving filled the meringues with the passion fruit pastry cream.

COCONUT DUST**Ingredients:**

Desiccated coconut 115g

Graham cracker crumbs 330g

Butter, unsalted 57.5g

Method of Preparation:

1. Preheat oven to 325°F.
2. Melt the butter.
3. Combine the coconut, graham cracker crumbs and melted butter. Mix well.
4. Spread the dust evenly onto a parchment lined sheet pan.
5. Bake until the coconut is golden brown.
6. Allow to cool completely.
7. Store at room temperature until ready to use.

CHOCOLATE SAUCE

Ingredients:

Water 115g

Granulated sugar 115g

Corn syrup 43g

Heavy cream 72g

Cocoa powder 43g

58% chocolate 158g

Method of Preparation:

1. In a medium pot combine the first four ingredients and bring to a boil.
2. Gently whisk in the cocoa powder.
3. Strain the mixture over the chocolate and mix well.