

Roasted Peach in Cinnamon Crust with Black Truffle Ice Cream

烤肉桂蜜桃配黑菌冰淇淋



肉桂烤桃子：

| | | |
|-----|----|-----|
| 4 | 个 | 黄桃 |
| 50 | 克 | 黄油 |
| 120 | 克 | 黄糖 |
| 5 | 克 | 肉桂粉 |
| | 少许 | 矿泉水 |

Roasted Peaches in Cinnamon:

| | | |
|-----|---|-----------------|
| 4 | | Yellow Peaches |
| 50 | g | Butter |
| 120 | g | Brown Sugar |
| 5 | g | Ground Cinnamon |
| | | Mineral Water |

Be sure to choose good, yellow peaches for this recipe, ones that are not too soft. Wash peaches properly, place in a stainless steel tray, and cover with soft butter and mixture of brown sugar and ground cinnamon. Bake for twenty to thirty minutes in an oven preheated to 160° C. Periodically baste peaches with tray juices. If this starts to dry out, add a little mineral water to help peaches absorb all the juices. Let cool. The skin may crack or fold some. Test the middle of peaches with a paring knife. They should be tender in the middle, but not as soft as compote.

注意：应挑选好的黄桃，不要太软。取一带边框的不锈钢容器，将桃子洗净放入，加入软黄油，肉桂粉和黄糖，配料高度要能将桃子覆盖住。提前将烤箱预热至160摄氏度，将容器放入烤盘，烘烤约20至30分钟。其间慢慢往容器中倒入矿泉水，保证桃子吸收所有汁。取出，冷却。桃子皮可能裂开。注意：用小刀插入桃子中间试一试，应该是软的，但不要像果泥那样过软。

桃汁：

| | | |
|-----|---|------|
| 250 | 克 | 黄桃果溶 |
| 30 | 克 | 转化糖 |
| 10 | 克 | 柠檬汁 |
| 80 | 克 | 矿泉水 |

Peach Sauce:

| | | |
|-----|---|----------------------------|
| 250 | g | Yellow Peach Purée |
| 30 | g | Inverted Sugar (trimoline) |
| 10 | g | Lemon Juice |
| 80 | g | Mineral Water |

Defrost peach purée one night in advance. Whisk ingredients in a saucepan over low heat until sauce thickens. Remove from heat and strain. Refrigerate.

提前一夜将黄桃果溶解冻。在汁锅中放入解冻好的果溶，转化糖，柠檬汁和矿泉水。用打蛋器持续搅拌直至果汁变浓稠。离火，过滤。入冰箱冷藏备用。

橙皮长条:

| | | |
|-----|---|-------|
| 200 | 克 | 糖粉 |
| 50 | 克 | 蛋糕粉 |
| 75 | 克 | 鲜橙汁 |
| 75 | 克 | 融化的黄油 |
| 20 | 克 | 鲜橙皮 |

Orange Zest Bar:

| | | |
|-----|---|--------------------|
| 200 | g | Icing Sugar |
| 50 | g | Cake Flour |
| 75 | g | Fresh Orange Juice |
| 75 | g | Melted Butter |
| 20 | g | Fresh Orange Zest |

Stir melted butter and icing sugar together in a stainless steel bowl until smooth. Gradually add orange juice, zest and cake flour. Refrigerate overnight. Using a spatula, spread mixture onto a tray lined with greased parchment paper. Bake at 180° C for ten to twelve minutes, or until nicely brown. Cut into rectangles while still hot. Let cool and store in an airtight container.

在不锈钢容器中，放入融化的黄油和糖粉，一起搅拌至均匀混合。缓慢倒入橙汁和橙皮，最后倒入蛋糕粉，继续搅拌至均匀混合。入冰箱冷藏。第二天，在带不粘油垫的烤盘上，将橙子面糊铺成长方形，以180摄氏度烘烤10至12分钟，直至颜色变棕黄色。取出，放入密封容器，以保持酥脆。

黑菌冰淇淋:

| | | |
|-----|----|-----|
| 500 | 克 | 牛奶 |
| 1.7 | 公斤 | 奶油 |
| 1 | 个 | 香草枝 |
| 380 | 克 | 砂糖 |
| 30 | 克 | 葡萄糖 |
| 320 | 克 | 蛋黄 |
| 40 | 克 | 奶粉 |
| 250 | 克 | 黑菌 |
| 120 | 克 | 蜂蜜 |

Black Truffle Ice Cream:

| | | |
|-----|----|--|
| 500 | g | Milk |
| 1.7 | kg | Cream |
| 1 | | Vanilla Bean (cut in half, seeds scraped) |
| 380 | g | Crystal Sugar |
| 30 | g | Glucose |
| 320 | g | Egg Yolk |
| 40 | g | Powdered Milk |
| 250 | g | Black Truffles (thinly sliced) |
| 120 | g | Honey |

Bring 500 g cream, milk, vanilla pod, glucose and milk powder to a boil in a large saucepan. Whisk egg yolk and sugar together until light and fluffy. Add to mixture and heat to 85° C. Strain mixture over an ice bath. Let cool. Refrigerate overnight. Pour mixture into an ice cream maker along with remaining 1.2 kg cream. Churn until firm. Remove from ice cream maker and add truffles and honey. Fold ice cream into rectangular stainless steel rings and freeze.

在大汁锅中放入500克奶油，牛奶，香草枝，葡萄糖和奶粉，加热至煮沸。将蛋黄和糖抽打至颜色变淡且蓬松，倒入汁锅中并加热至85摄氏度。将混合物在冰水槽过滤冷却。入冰箱冷藏隔夜。将混合物同1.2公斤奶油一同放入制冰机做成冰淇淋。搅拌凝固。取出后倒入切碎的黑菌和蜂蜜。将冰淇淋倒入长方形的不锈钢定型圈中，入冰箱冷冻备用。

美食店黄糖造型：

120 克 黄糖
30 克 矿泉水
5 克 橙子碎

Delicatessen Brown Sugar:

120 g Brown Sugar
30 g Mineral Water
5 g Orange Zest

Combine ingredients in metal container using hands. Mix until sugar becomes humid and crumbly. Store overnight at a temperature above 30° C to let sugar dry.

在一金属容器中放入以上配料，用手混合搅拌，直至糖开始潮湿和结块。室温超过30摄氏度条件下放置隔夜，使其干燥。

Assembly:

Warm peaches, being sure to maintain the brown sugar crust. Stick an orange zest bar upright in a mound of delicatessen brown sugar. Cut truffle ice cream into cubes and arrange beside the peaches. The yellow peach sauce will complement the flavors of both the peaches and the black truffles.

Note: This recipe yields more ice cream than required for four portions, but is an optimum quantity for a good result.

制作：

先将黄桃温热，注意：需保证黄糖酥脆，然后将美食店黄糖造型与橙子碎条粘合。将黑菌冰淇淋切成立方体形状，放在桃子旁边。黄桃汁可搭配这两种不同口味的桃子和黑菌冰淇淋，共同食用。

注意：此配方将会生产出多于4份的冰淇淋，不过要想得出一个理想的结果这个量还是适宜的。