

Cù Bòcan Creation #2

Tart of Valrhona Grand Cru de Macae

As soon as I first tasted this single Plantation Coverture from Brazil that brings freshness and finesse with its magical notes of dried, yellow fruits and bewitching woody, peppery and roasted aromas, I knew I would be serving it at some point with Cù Bòcan Creation #2. The synergies of using the best of traditional production, ingredients, love and care are present in both the Coverture and the Whisky. Macae has a finale delicate bitterness with notes of black tea that set with pure Madagascan Vanilla ice cream, is the perfect juxtaposition with Creation #2.

Sweet Pastry Tart

Ingredients

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- 150g plain flour
- 75g unsalted butter
- 50g icing sugar
- 1 egg yolk

Method

1. Put 150g plain flour and 75g unsalted butter in a bowl and rub together with your fingertips until it resembles breadcrumbs.
2. Mix in 50g icing sugar and a pinch of salt followed by 1 egg yolk. If the pastry feels too dry to form a dough, add 1 tbsp. water. Shape the dough into a ball, flatten it out into a disc, wrap it in cling film, then chill for at least 30°C.
3. Roll out the pastry. Measure tin over rolled out pastry to ensure you will have enough to line the insides of the tin with excess to make it easier to work.
4. Lift up pastry around rolling pin and gently unroll over flan tin, starting with the edge nearest to you.
5. Gently ease the pastry into the tin, pressing it down the sides onto the base.
6. Once you have pushed it in all the way round, go around again to press well down on to base, so that there is almost a 'pleat' of pastry at base of sides, and press into the flutes.
7. Fold back excess pastry so that it hangs over the sides of the tin.
8. Leave an overhang of pastry around the sides of the tin.
9. Prick the base of the pastry case all over with a fork.
10. Heat oven to 200°C /180°C fan/gas 6.
11. Line the tart tin with baking parchment and fill with ceramic baking beans or dried pulses.
12. Bake for about 20 minutes or until the pastry is firm, then remove the beans and cook for about 10 minutes more, until golden brown and "biscuity".
13. Trim off any excess using a small serrated knife before filling.

Filling

Ingredients

- 260ml double cream
- 110ml milk
- 300g Valrhona Macae chopped
- 1 ½ large eggs, lightly beaten

Method

1. Bring the cream and milk to the boil.
2. Pour over the chopped chocolate, stirring from the centre when at 40°C.
3. Add the egg, stirring from the centre.
4. Pour into a tart case and bake on 190° for 12 – 15 minutes at 160°C.

Madagascan Vanilla Ice Cream

Ingredients

- 220ml full-fat milk
- 155ml double cream
- 1 fat Madagascan vanilla pod split lengthways
- 3 egg yolks
- 90g caster sugar
- Pinch of Maldon sea salt

Method

1. Pour the milk and cream into a large saucepan. Scrape the vanilla seeds, then add the empty pod and heat gently, stirring occasionally, until the mixture begins to steam but not boil.
2. Meanwhile, whisk the egg yolks in a heatproof bowl until smooth. Add the sugar and salt and whisk until pale and slightly fluffy. Gradually and slowly, pour the hot milk into the egg mixture whilst whisking continuously to prevent the eggs scrambling. Return the mixture to the saucepan and place over a low heat, stirring frequently until the custard thinly coats the wooden spoon. Do not allow to boil.
3. Pour back in to the boil and set aside from about 30 minutes, stirring occasionally, until cooled to room temperature. For more rapid chilling, half-fill a sink with cold water and ice and place the bowl of mixture in it for 20 minutes. Never put the hot mixture in the fridge.
4. Once cooled, cover the mixture and refrigerate, ideally overnight, but at least for 6 hours, until thoroughly chilled (at least 4°C).
5. Remove the vanilla pod and pour the mixture into an ice cream machine. Churn according to the manufacturer's instructions.
6. When the churning is completed, use a spoon or spatula to scrape the ice cream into a freezer-proof container with a lid Freeze until it reaches the correct scooping texture at least 2 hours at -18°C.

To Serve - Cut a Slice of the Tart at room temperature and place with it a ball of ice cream and a Dram of Creation #2.

Chef Tony Singh

