



THE ART OF THE PARFAIT

Custard Ingredients:

- 1/3 cup plus 1 tablespoon of cake flour
- 3/4 cup of sugar
- 2 cups milk
- 6 egg yolks
- 1 tablespoon vanilla extract
- 1 tablespoon Robert Lambert's Blood Orange Syrup
- 1/2 cup of Robert Lambert's Deep Dark Chocolate Sauce

Whisk flour and sugar together in a bowl. In a separate bowl, whisk 1/2 cup of the milk with the egg yolks, then whisk that into the flour/sugar mix until sugar is dissolved and mixture is smooth. Whisk in the vanilla extract and blood orange syrup.

Heat the rest of the milk in a heavy bottom saucepan over medium heat. Just as it comes to a boil, whisk half of the milk into the egg/flour mixture then scrape all of that back into the pot. Cook mixture, stirring constantly with whisk or slotted wooden spoon, until smooth & thick.

Immediately remove from the heat and scrape HALF into a storage container and HALF into a small bowl. To the custard in the bowl fold in 1/2 cup Deep Dark Chocolate Sauce, heated slightly, until fully combined, then scrape that into another storage container. Cover surfaces of both VANILLA and CHOCOLATE custards with plastic wrap and chill. (You may do this much a day in advance.)

Finishing and Assembly:

Whip 1 1/2 cups of heavy whipping cream with 1 1/2 tablespoons of powdered sugar, 1 1/2 Teaspoons of Vanilla extract) whip until thick. Scrape the chilled custards into small separate bowls and whisk 1/2 cup whipped cream into each until smooth. Fold another 1/2 cup of whipped cream into each. Place a few berries (raspberries are ideal) into the bottoms of parfait or wine glasses. Fill a piping bag with the chocolate custard and another with the vanilla custard (piping bags offer the best control & finished look). Alternate 1 inch high layers of each until you reach the top. Finish with more berries and top with remaining whipped cream (use a piping bag with a large star tip for added panache). Adorn with caramelized sugar lattice, chocolate lattice, chocolate tiles, holiday and themed motifs and more!

Carmelized Sugar Lattice: Smear a bit of vegetable oil onto the BACK of a baking sheet. Place a sheet of parchment over the oil (holds it in place). Pour 2 tablespoons of water into a medium saucepan and sprinkle ½ cup sugar over it (avoid the sides of the pan). Bring to boil over a medium heat. Watch carefully, cook until water has evaporated, flat gooey crystals start to form, then sugar turns a golden caramel color at the center. Stir with a wooden spoon to smooth, remove from heat and cool for 2 minutes. Pour into a Pyrex cup. Test the flow of the caramel on the parchment-covered pan—it should flow in a thin stream. Pour carefully in a series of parallel lines, moving the stream back and forth. Repeat the lines at an angle for a lattice effect. Allow to cool a short time, then lift the parchment and peel back the lattice to break into random shapes for garnish.

Chocolate Tiles: Smear a bit of vegetable oil/spray onto the BACK of a baking sheet. Place a sheet of parchment over the oil (holds it in place). Melt 8 oz. of white or dark chocolate in microwave or double boiler. Whisk to smooth, then spread onto the parchment in a thin layer with a metal spatula. (NOTE: you can tint white chocolate with a professional paste or powder food coloring for heightened decoration.) You can enhance the chocolate sheet with edible gold, marbled effects and more. When cooled, you can lift and peel off the parchment and break into random designs, or use a utility knife to cut into more uniform pieces.

Chocolate Lattice: Same directions as above, except pour chocolate in a thin stream across the parchment in randomly drizzled patterns.