



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Caramel Parfait Glace with Salted Peanut Caramel and Milk Chocolate Mousse

Ingredients

For the caramel mousse
500ml thickened cream
1 vanilla bean, split, seeds scraped
135g liquid glucose
190g caster sugar
50g unsalted butter, cold
6 leaves gold leaf gelatine, soaked in cold water, drained
160g egg yolks

For the chantilly cream
250ml thickened cream
250g good quality milk chocolate

For the peanut caramel
200ml thickened cream
80g liquid glucose
150g caster sugar
50g butter
100g salted peanuts, coarsely chopped
A ¼ tsp sea salt

For the peanut dacquoise
140g salted peanuts
250g pure icing sugar, sifted
80g almond meal
160g egg whites
100g caster sugar

For the chocolate plaques
200g good quality milk chocolate



Method officially tested

Step 1. Preheat oven to 180°C fan forced.

Step 2. For the caramel mousse, whip 200ml of the thickened cream to soft peaks, cover and refrigerate until needed. Combine vanilla, remaining cream and 115g of the glucose in a saucepan and bring to the boil. Set aside. Meanwhile, weigh out 140g of the caster sugar. Heat a heavy-based saucepan over medium heat and add 1 teaspoon of caster sugar. Once it has dissolved, gradually add the remaining, stirring constantly, until it has dissolved and turned lightly golden. Slowly pour the hot cream into the caramel, whisking until combined; whisk in the butter followed by the gelatine leaves. Strain into a bowl, set over another bowl half filled with ice and water and leave to cool, whisking occasionally.

Step 3. Combine the remaining 50g of caster sugar, 30ml water and remaining 20g of liquid glucose in a small saucepan over medium heat and bring to the boil. Meanwhile, using an electric mixer, beat the yolks on a moderate speed. Using a sugar thermometer bring the sugar syrup to 118°C. Remove from the heat and let the bubbles die down slightly. Pour the syrup down the side of the bowl onto the still whisking yolks. Turn up the speed and whisk until pale, doubled in size and cool.

Step 4. To finish the mousse, fold the two cooled mixtures together, fold through the whipped cream then pour into a 20cm x 25cm x 3cm Swiss roll tin lined with baking paper and place in the freezer until very firm.

Step 5. For milk chocolate Chantilly cream, melt the chocolate and keep warm to the touch. Whip the cream to soft peaks. Quickly whisk half of warm chocolate into the cream, to lighten the mixture. Immediately whisk through remaining chocolate and refrigerate.

Step 6. For the peanut caramel, combine cream and glucose in a saucepan and bring to the boil. Set aside and keep warm. Heat a heavy-based saucepan over medium heat until 1 teaspoon of caster sugar dissolves when added. Gradually add the rest of the sugar and stir constantly until it has dissolved and has turned light golden brown. Slowly pour the hot cream into the caramel, whisking until combined; whisk in the butter. Set over another

bowl half filled with ice and water and leave to cool until slightly thickened. Fold through the peanuts and the salt and refrigerate until needed.

Step 7. For the peanut dacquoise, process peanuts until finely ground. Combine icing sugar, nuts, and almond meal in a large bowl. Using an electric mixer, beat the egg whites until soft peaks form. Sprinkle sugar onto the whites and continue whisking until firm and glossy. Gently fold the mixture through meringue until combined, but not over-mixed. Spread onto a lined baking tray at a thickness of about 1cm. Bake for 8-10 minutes or until the dacquoise is crisp on top but slightly soft in the centre. Remove from the oven and slide onto a cool surface. Place a piece of baking paper on top of the surface of the dacquoise and carefully flip it over onto a small flat baking tray. Remove the paper. Allow to cool for 2-3 minutes. Remove the mousse from the freezer and invert onto the slightly warm dacquoise. Press down lightly to ensure the two surfaces are lightly stuck together. Remove the tin from the mousse. Slide onto a tray and return to the freezer.

Step 8. For the chocolate plaques, gently melt the chocolate, no hotter than 45°C, in a metal bowl over hot but not boiling water. Pour 2/3 of the melted chocolate onto a cool, clean work surface and spread it around until it begins to thicken and feels cool to the touch. Return the cooler chocolate to the warm chocolate that remains in the bowl. Stir until completely combined. The chocolate needs to be about 26°C. The chocolate will feel cool on the side of your little finger. Spread the tempered chocolate with a palette knife over 3 x 4cm x 30cm strips of acetate plastic (stuck to the marble with sticky tape). When the chocolate is set to the touch but still slightly malleable, peel the strips off the bench and turn upside down so the chocolate surface is down. To portion the plaques, measure 10cm lengths, mark through the chocolate with a knife heated under warm water then cut the acetate with scissors. You will get 2 plaques per strip of plastic. Store plaques in the fridge until ready to use.

Step 9. Remove the tray from the freezer and peel off the paper and discard. Using a long knife heated under very hot water, cut the mousse into 10cm logs, taking care to keep the edges clean and straight.

Step 10. To serve, smear a small amount of the peanut caramel in the middle of the plate. This will stop the dessert from sliding around. Then place the bar on the plate dacquoise side down. Now peel the plastic off a plaque and carefully place, shiny side up, on top. Using a teaspoon dipped in hot water to form small quenelles and evenly place three on the plaque. Fill the two spaces with peanut caramel then place another plaque on top. Be careful not to get fingerprints on the chocolate. Serve immediately on a cool plate.