



MasterChef  
AUSTRALIA

Official MasterChef Recipe 

## Fig and Vanilla Bombe Alaska

### Ingredients

#### Preserved figs & fig puree

300g fresh figs, cut into strips  
100mls orange juice, plus extra for puree  
80g caster sugar

#### Vanilla parfait

100g egg yolks (about 5 eggs)  
A½ vanilla bean, scraped  
85g caster sugar  
30mls baileys irish cream liquor  
450mls thickened cream

#### Orange sorbet

500mls orange juice  
110g caster sugar  
1 sheet gelatine (5g)

#### Yoghurt sauce

50g european yoghurt  
5g icing sugar

#### Orange tuile

100g icing sugar  
50g flour  
50mls orange juice  
1 orange, finely zested  
50g butter, melted

#### Meringue

100g caster sugar  
65g egg white

#### Crystalised pistachio nuts

50g caster sugar  
10mls water  
50g pistachio nuts  
3 fresh figs, quartered, to serve  
1 orange, segmented, to serve  
Celery cress, to serve



### Method officially tested

1. Pre heat the oven to 160°C fan-forced.
2. **For the figs**, combine the figs, orange juice and sugar in a saucepan and place over a medium heat, cook until almost all the liquid has evaporated. For the puree, spoon a small amount of the mixture into a blender with a little orange juice and blend to a puree consistency.
3. **For the vanilla parfait**, bring a saucepan of water to the boil, reduce to a simmer, place a bowl over the saucepan, place the egg yolks, vanilla and caster sugar in the bowl, using a hand beater, whisk the mixture until it becomes thick and pale. Remove from heat, stir in the baileys then fold in the cream until combined. Pour the mixture into an ice-cream machine, churn until mixture becomes a thick consistency, once thick, quickly fold in the preserved figs so that it becomes ripple like. Place the prepared moulds (4cm x 5cm cylindrical moulds, lined with acetate) onto a baking tray lined with foil, spoon the mixture into the moulds and place in the blast chiller until firm.
4. **For the orange sorbet**, place the gelatine sheet in a small bowl of cold water to soften, combine the orange juice and sugar in a saucepan over a low heat, squeeze all liquid from the gelatine and stir into orange juice until combined. Pour the mixture into an ice cream machine and churn to desired consistency. Place into freezer until just set.
5. **For the yoghurt sauce**, mix the yoghurt and icing sugar together in a bowl and set aside in the refrigerator until required.
6. **For the orange tuile**, preheat oven 160°C and line a baking tray with baking paper. Sift icing sugar and flour together in a bowl; pour in the orange juice and zest and mix together until well combined. Pour in the melted butter and continue to mixing until

smooth. Set aside to rest in the refrigerator for 5 minutes. Spread the mixture thinly, using a palette knife, onto a baking paper and bake for 15-20 minutes or until golden in colour and crisp. Remove from the oven; allow to cool, then roughly chop into crumbs.

7. **For the crystalised pistachio nuts**, combine the sugar and water in a saucepan over a high heat and boil for 1 minute. Add the pistachio nuts and stir vigorously until it crystalises. Remove from heat and allow to cool. Roughly chop the mixture then combine in a bowl with equal amounts of the orange tuile mixture

8. **For the meringue**, bring a saucepan of water to the boil then to reduce to a simmer, place the sugar and egg whites in a clean, dry bowl, using a hand mixer whisk the egg whites to peaks. Place the bowl of whipped egg whites over to warm and continue to whisk for 2-3 minutes Remove the bowl from heat and continue to whisk for 8-10 minutes or until it forms a shaving foam consistency.

9. To serve, carefully remove bombe from mould and place to one side of a chilled serving plate, using a small palate knife quickly and carefully spread the meringue mixture around to cover, then brown using a blow torch. Using the fig puree, form a 6 cm line on the opposite side of the plate. Next to this line smear some yoghurt sauce. Place 3 pieces of the fresh fig along the line of fig puree, then place 3 segments of orange between the figs. Scatter over celery cress. Place a pile of the combined orange tuile and pistachio to one side of the bombe, then place a quenelle of the orange sorbet on top. Serve immediately.