



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Fruit Carnival with Sugar Tuile, Aerated Fruit Chocolate and Toffee Apple

Ingredients

2-tone raspberry sugar tubes
300g isomalt
300g caster sugar
60g liquid glucose
50g water
7g titanium dioxide
10g freeze dried raspberry powder
vanilla ice cream, to serve

Aerated fruit chocolate
350g white chocolate
150g powdered cocoa butter
5g freeze dried raspberries
3g freeze dried passion fruit powder
5g freeze dried mandarin segments

Exaggerated raspberries
50g water
40g fructose
10g freeze dried raspberry powder
250g fresh raspberries

Coconut tubular gel
500g coconut puree
2.5g agar agar
6 gold strength gelatine leaves

Raspberry tubular gels
500g raspberry puree
2.5g agar agar
6 gold strength gelatine leaves

Toffee apples
350g caster sugar
50g water
35g liquid glucose
2 granny smith apples, peeled



Method officially tested

1. Preheat oven to 155°C.

2. **To make the 2-tone sugar tube**, place the isomalt, sugar, glucose and water into a heavy-based saucepan and start to heat gently until it reaches 158°C. Remove from the heat and pour half of the sugar onto a silicon mat. Add titanium dioxide to the remaining caramel in the saucepan and stir through. Pour the white caramel onto a separate mat. Sprinkle the raspberry powder on top of the brown caramel and allow time for both caramels to cool completely. Break the white caramel into small pieces and process to a fine powder in the blender. Repeat process with the raspberry caramel.

3. Using a rectangle stencil, dust the white sugar onto a silicon mat on a baking tray and place into the oven for 2-3 minutes to re-melt. Remove from the oven and allow to cool before dusting over the raspberry sugar using a diagonally striped stencil. Place in the oven for 2-3 minutes to re-melt. Remove from the oven and allow to cool only slightly, then carefully flip it over, white side facing up. Wrap the sugar tubes around lightly greased metal tubes, then carefully slide out the tube. Reserve in a sealed container with desiccant.

4. **For the aerated fruit**, place freeze dried fruits in a metal bowl and place in the freezer. Place the white chocolate in a bowl set over a small saucepan of simmering water and stir until melted. Add cocoa butter and stir well for 1-2 minutes until the cocoa butter melts. Once smooth, remove from the heat and pour into a siphon gun (that is not too cold) and charge with 3 bulbs. Shake well to disperse the gas throughout the chocolate mixture and discharge carefully into the metal bowl from the freezer, covering the fruit. Freeze until set and needed. When serving cut into desired pieces.

5. **For the exaggerated raspberries**, combine the water with the fructose to make a syrup. Mix the syrup with the freeze-dried raspberry powder and leave to stand for 5 minutes to hydrate. Strain the mixture into a vacuum seal or zip lock bag and add the raspberries and seal. Leave to soak for a minimum of 2 hours. Remove from the bags before serving.

6. For the coconut tubular gel, soak the gelatine leaves in iced cold water until softened. Drain, squeezing out any excess water. Reserve in the fridge. Place the coconut puree and the agar agar into a saucepan and heat gently. Stir constantly until the mixture reaches 92°C. Remove from the heat and add the gelatine leaves. Stir to dissolve then strain through a fine sieve. Pour the mixture into a squeeze bottle, then fill thin tube shaped moulds discharge into the pre-lined moulds. Chill until needed.

7. Repeat step 6 to make the raspberry tubular gel.

8. To make the toffee apples, scoop balls from the apples with a 2cm melon-baller and place in a small bowl of water until needed. Place the sugar and the water into a heavy-based saucepan and heat gently over medium heat. Use a pastry brush dipped in a bowl of water to brush around the sides of the saucepan, to wash down any crystals on the side of the saucepan. Once the syrup is boiling add the glucose (use wet clean fingers to scoop glucose out of the container) and continue cooking to 165°C. Remove from the heat and transfer to a cool, clean pan and allow to cool slightly. Pat apple balls dry with paper towel or a clean tea towel. Using a cocktail stick, dip each apple ball into the syrup and hold upside down to form a thread. When the thread has stiffened break it off so it is about a 6 -10cm long and sits upright. Remove from the cocktail stick, sit on its base and repeat with remaining apple and toffee.

9. To serve, pipe the vanilla ice cream into a sugar tube and reserve in the freezer. De-mould the tubular gels from and arrange into the bowl, shaped into a swirl. Place the aerated fruit and toffee apple around the plate. Add the tube at an angle and dress with exaggerated raspberries and baby chervil. Serve immediately.

Serves 8