

persiMon® Charlotte with Rum Syrup



Makes 6 servings

INGREDIENTS:

2 persiMon®, peeled and chopped

Rum Syrup

½ cup (125 mL) white rum

2 tbs (30 mL) lemon juice

1 cup (250 mL) granulated sugar

1 cup (250 mL) water

Pastry Cream

1 envelope (7 g) gelatin

½ cup (125 mL) granulated sugar

¾ cup (175 mL) homogenized milk

2 eggs, separated

⅓ cup (75 mL) sour cream

1 tsp (5 mL) vanilla

½ cup (125 mL) whipping cream (35%)

18 lady fingers



PREPARATION

persiMon® Purée

- Remove stems from each persiMon®. Using a small melon baller scoop 18 balls (medium melon baller will yield 10 balls, fewer for presentation purposes) from the flesh of each persiMon®. Reserve for garnish.
- Chop the remaining persiMon® flesh into chunks and place in the bowl of a food processor and purée until smooth (approx. ½ cup).

Rum Syrup

- In a small sauce pan over medium high heat, mix the rum, lemon juice, sugar and water. Simmer until the mixture is the consistency of syrup, approx. 5 minutes. Set aside to cool.

Pastry Cream

- In medium saucepan, combine gelatin and sugar. Blend in milk and egg yolks; cook over medium-low heat. Stir continuously with a whisk, being careful not to overheat. When custard is slightly thickened and coats back of metal spoon remove from heat.

- Whisk in persiMon® purée (approx. ½ cup), sour cream and vanilla. Refrigerate until mixture begins to thicken about 20 minutes. In large bowl, beat egg whites until stiff peaks form; fold into thickened custard. Whip whipping cream until stiff peaks form; fold into custard.
- Cut the lady fingers in half. With a pastry brush, moisten the flat side of the lady with rum syrup. Line the inside of a 3 ½ inch (9 cm) ramekin with 3 lady fingers or 6 halves (unbrushed side facing out).
- Fill each mold equally with the persiMon® pastry cream and refrigerate for least 2 hours.

Presentation

- Run a knife around the inside of the ramekin. Gently unmold the Charlottes and place on a plate.
- Top each Charlotte with 3 persiMon® balls and drizzle with Rum Syrup.

Source: www.persimoncanada.com

