



This how "Coffee, gofio, chocolate and citric fruits" is made, a dessert gifted to us by Kibsain Lugo

INGREDIENTS AND PRELIMINARY STEPS

Gofio Mousse

Gofio cornmeal: 100 gr

Sugar: 175 gr

Soft-whipped cream: 400 ml

Egg whites: 170 ml

Mascarpone cheese: 80gr

Milk: 50 ml

Coffee: 150 gr

Firstly whisk the cream.

Make a Swiss merengue with the egg whites and sugar.

Heat up the milk and dilute the gofio cornmeal.

Allow to cool. Add the milk together with the gofio to the cream and finally add in the merengue.

Naranja Sponge

Eggs: 200 gr

Almond flour: 60gr

Standard flour: 60gr

Sugar: 50gr

Orange juice: 100ml

Put both the flours and the sugar into a blender, mix well and add the egg and juice at level 4 for 3 minutes.

Strain and put into syphon. Strain twice and leave to stand for 12 hours.

Jab a tiny hole in a plastic cup to let air out, then add the mix to fill a third of the cup.

Put into the microwave on full power for 50 seconds. This will give it a spongy texture.



Coffee Cream with Lime

Cream: 115ml

Liquid egg: 40ml

Lime peel: 1 lime

Gelatine: 8 grammes

Coffee: 80 grammes

Sugar: 55 grammes

Heat the cream with the lime peel, coffee and sugar, up to a temperature of 40°. Add the liquid egg, raising the temperature to 80 degrees stirring continuously, then allow to set for 24 hours in the fridge.

Chocolate almonds

Chocolate Barry 70% : 150 grammes

Crushed Almonds: 70 grammes

Melt the chocolate, cool and spread around evenly on baking paper.

Before it cools, sprinkle the crushed almonds on top. Allow to cool and break up.

Isomalt icing sugar crunch

Heat up a paste with glucose, with fondant dough to 110 degrees. Once this temperature is reached, add 100 grams of isomalt icing sugar and heat further up to 175 degrees. Once this temperature is reached, spread the mixture around on baking paper.

Leave in a dry place, away from damp areas, so it can cool off and crystalize.

Now break it up and mix in a blender repeatedly for 2 seconds at a time into a fine powder. This powder is sprinkled over a baking liner and is then heated up on a hot plate or with a lamp until it dilutes into a fine transparent flat pancake.

Once it has gone hard, it is broken into small pieces and then decorated.

PREPARATION

With the pastry bag squeeze out gofio mousse blobs and coffee cream blobs.

Place the sponge in position.

Decorate with the chocolate and the isomalt icing sugar.

Add pieces of crushed walnuts and almonds.

Now try it for taste.