

Apple pudding, brown butter and apple curd, feijoa ice cream

By Gareth Stewart

12 hours

Preparation time

1 hour 10 minutes

Cooking time

12 serves

Serves



INGREDIENTS

Brown butter and apple curd

150g butter (unsalted)
150g eggs
50g muscovado sugar
125g braeburn apple juice
50g tart apple syrup
63g praline paste
1 sheet of gold strength gelatine

Apple Pudding

1kg diced apple
100g of butter (to caramelize the apple)
200g sugar
2 eggs
zest of 1 lemon
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoon cinnamon powder
1 teaspoon allspice powder
310g flour
60g ground almonds
330g melted butter

Caramel apple

2 apples
½ cup white sugar
Water

Feijoa ice cream

13 feijoas (660g feijoa juice)
220g sugar
130g egg yolks
180g cream

Cinnamon streusel

50g sugar
50g ground almond
50g butter softened
50g plain flour
12g cinnamon powder
pinch of salt

To serve, per plate

50g brown butter and apple curd
1 apple pudding
1 tablespoon cinnamon streusel
½ fresh feijoa
3 pieces of caramel apple
1 scoop feijoa ice cream
2–3 edible flowers (optional)

METHOD

Brown butter and apple curd

1. Brown the butter in a frying pan on a medium heat, Induction setting 7, once a nutty brown colour remove from the heat and place into a container to cool. Set in the refrigerator.
2. Once set, dice into small cubes and set aside in the refrigerator to keep cold.
3. Put the eggs, sugar, juice, syrup and praline paste into a saucepan and place on a low heat, Induction setting 3. Whisk the mixture continuously until it thickens or reaches 82°C. Keep the egg mixture moving (don't walk away as the eggs will scramble).
4. Add the bloomed gelatine then whisk in the diced brown butter, a few pieces at a time to emulsify.
5. Pour the mix into a container to set up in the refrigerator.

Apple pudding

1. Pre-heat oven on Fan Plus at 180°C and line a standard size loaf tin.
2. In a frying pan, caramelize the diced apple in small batches in a knob of butter on a high heat, Induction setting 8. Once you have caramelised all, take approximately 650g and place in a stand mixer along with the 200g of sugar. Mix for 5 minutes and follow with the lightly beaten eggs and lemon zest.
3. Sift the dry ingredients and fold into the mix. Add the melted butter and allow to come together, scraping the sides.
4. Put the remainder of the caramelised apple at the bottom of the greased, lined loaf tin and pour the mix over the top, making sure the mixture is flat.
5. Bake for 15 minutes, then lower the oven temperature to 160°C and bake for a further 5 minutes.
6. Allow to cool before removing from the tin and chilling. Slice and re-heat in the oven.

Caramel apple

1. Peel the apples and cut into 8ths, removing the core.
2. Caramelize ½ cup of white sugar in a dry frying pan on high heat, Induction setting 7, add a small amount of water. Once a caramel colour, lower the temperature and add the apples, poach for 5 minutes.
3. Once the apples are cooked, remove from the liquid and cool. Once the caramel is cool, place the apples back in and set aside until required.

Feijoa ice cream

1. Peel the feijoas and juice with an electric juicer and pass the juice through a fine sieve.
2. Measure 600g of juice and save any leftover for another use.
3. Combine half the juice with the sugar and egg yolks in a large stainless steel bowl. Reserve the remaining juice in the refrigerator until required.
4. Place the juice, sugar and egg mixture into a steam tray, place in the Steam Oven and steam at 85°C for 15 minutes.
5. Remove from the Steam Oven and cool over ice. Once completely cold, whisk in the cream and the chilled reserved feijoa juice. Place in freezer for 4 hours then mix and return to freezer overnight.

Cinnamon streusel

1. In a stand mixer fitted with a paddle, mix all ingredients to combine.
2. Cool the mix in the refrigerator.
3. Bake on Fan Plus at 160°C for 15 minutes, or until evenly golden brown.

To serve

1. Pipe approximately 40g of curd onto the plate and smudge using the back of a spoon. Place the heated slice of apple pudding on top of the smudge. Place a spoon of the streusel next to it.
2. Pipe on 2 more teaspoons of the curd and add the feijoa half, caramel apple pieces and finish with a rocher (one-handed quenelle) of the ice cream.
3. Garnish with the flowers if you have them.

