

Timbales au chocolat blanc avec sauce tamarillo

Timbales of white chocolate with tamarillo sauce

I discovered this rather unusual dessert when it was served to me by my daughter, Christine Johnston, and it intrigued me. Was it a Bavarois? or a Mousse?... In fact it is neither, being made of white chocolate and light enough to be served as a pleasant finale to any meal.

I love the flavour of tamarillo and have created the sauce especially to be served with this dessert. I feel sure you will like it as much as I do.

Christine suggests that kiwi fruit or strawberry can be used as a substitute when tamarillo is not in season.

- 4½ oz (140 g) white chocolate
- 2 oz (60 ml) cold milk
- 1 level teaspoon gelatine
- 1½ tablespoons brandy
- 1½ tablespoons cold water
- ¾ cup (190 ml) thickened cream
- 2 egg whites
- 8 timbales of 3½ fl oz (100 ml) capacity

Lightly grease the timbales with peanut or safflower oil. Melt the chocolate in a bain-marie and add the cold milk, little by little, whisking constantly. Mix the brandy and water together, stir in the gelatine and dissolve it over heat in another bain-marie. Cool both mixtures then add the gelatine to the chocolate. Stir in the unbeaten cream. Beat the egg whites until soft peaks form and whisk them into the chocolate mixture. Strain into the timbales and refrigerate overnight.

Tamarillo sauce

- 5 tamarillos
- 1½-2 tablespoons castor sugar
- 2-3 tablespoons of water
- 1 tablespoon of cream

Cut the tamarillos in half and scoop the pulp into the blender. Sweeten with sugar according to taste. Add the water and cream and blend until you have a very thick purée. Strain the mixture and refrigerate.

Dip the timbales quickly into warm water and unmould onto serving plates. Surround them with the tamarillo sauce.

I prefer the tamarillo mixture strained but you may prefer to leave the seeds to provide a contrast to a very smooth timbale.

Serves 8

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