

# PEANUT, BANANA & MILK CHOCOLATE CARAMEL PETIT GATEAU



PROFESSIONAL



AVONMORE  
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PRODUCT USED



Avonmore Professional  
35.1% Whipping Cream

(MAKES ONE 20CM TART) SERVES 10

## INGREDIENTS LIST

### Peanut Financier Sponge

- 90g Butter
- 45g Ground Peanuts
- 90g Icing Sugar
- 35g Plain Flour
- 70g Egg Whites

### Banana Insert

- 100g Banana Puree
- Juice 1 Lime
- 1.5g Pectin NH
- 10g Caster Sugar

### Milk Chocolate Mousse

- Crème Anglaise**
- 60ml Milk
- 60ml Cream
- 1 Egg Yolk
- 10g Caster Sugar

### Mousse

- Crème Anglaise as above
- 2 Leaves Gelatine
- 260g Milk Chocolate, chopped
- 200ml Cream

### Candied Peanut

- 50g Peanuts
- 50g Caster Sugar

### Caramel Glaze

- 2 Leaves Gelatine
- 60ml Water
- 75g Glucose
- 75g Caster Sugar
- 50g Condensed Milk
- 75g White Chocolate, chopped
- Caramel Colour Gel, to Colour as desired

### Dark Chocolate Décor

- 100g Dark Chocolate 70%

### Caramel Sauce

- 125g Caster Sugar
- 35ml Water
- 30g Unsalted Butter
- 100ml Cream ½ tsp Vanilla Extract ½ tsp Sea Salt

### Fresh Cream

- 150ml Cream
- 10g Caster Sugar

## THE RECIPE, STEP BY STEP

### ELEMENTS:

- 01 Peanut Financier Sponge
- 02 Banana Insert
- 03 Milk Chocolate Mousse
- 04 Candied Peanut
- 05 Caramel Glaze
- 06 Dark Chocolate Décor
- 07 Caramel Sauce
- 08 Fresh Cream

## 01

### Peanut Financier Sponge

1. Preheat the oven to 180°C. Line a square baking tin (20 x 20cm) with parchment paper.
2. Make a beurre noisette by putting the butter in a small saucepan over a medium heat. When the butter has browned and is fragrant, remove from the heat and pass through a sieve into a clean bowl or saucepan. Set aside.
3. Make the sponge mix by mixing the peanuts, icing sugar and flour together in a small bowl. Add the egg whites and mix well to form a paste.
4. Mix in the cooled beurre noisette and mix well to combine. Spread the mix in the prepared tray and bake for 10 minutes until golden and firm to touch.
5. Cut out discs, 5cm in diameter and set aside until ready to assemble.

## 02

### Banana Insert

1. Mix the sugar and pectin together and add to a small saucepan with the juice of ½ the lime. Bring to a boil.
2. Mix the remaining juice with the banana puree and pour the pectin mix over the puree. Pipe into the silicone demi spheres & place in the freezer for at least 2 hours or overnight.

## 03

### Milk Chocolate Mousse

1. Make the crème anglaise by heating the cream and milk together in a saucepan until it reaches a simmer.
2. In a bowl, whisk the egg yolk and sugar together. When the milk and cream have reached a simmer, slowly pour into the egg mix, whisking all the time. Pour the mix back into the pan and place on a low heat, whisking constantly until the crème anglaise reaches 77°C. Cool the crème anglaise completely before making the mousse.
3. To make the mousse, melt the chocolate in a bowl over a saucepan of simmering water. Whisk 150ml of the cream to soft peak.
4. Soak the gelatine in cold water. Heat the remaining 50ml heavy cream in a saucepan and when hot, add the gelatine. Pour into the crème anglaise, mix well, and pour into the melted chocolate. Fold in the whipped cream, and pipe into stone or dome shaped moulds 6cm in diameter. Press a banana demi sphere insert into each, followed by a peanut financier sponge before freezing completely.

## 04

### Candied Peanut

1. Put the caster sugar in a small saucepan and place over a medium heat. When the sugar turns to a deep golden caramel, add the peanuts and stir until all of the peanuts are coated in the caramel.
2. Pour out onto a tray lined with a silicone mat, and separate each peanut using a fork. Leave to cool completely before cutting into small pieces.

## 05

### Caramel Glaze

1. Put the gelatine leaves in a small bowl of cold water to soften. Put the water, sugar and glucose in a small pan and bring to simmering point.
2. Squeeze out the excess water from the gelatine and stir into the hot syrup mixture to dissolve. Add the condensed milk and mix well to combine.
3. Pour the hot mix over the white chocolate, stirring to melt. Add the caramel gel colour to desired colour and set aside until ready to glaze. Use at 45°C.

## 06

### Dark Chocolate Décor

1. Put the chocolate in a bowl over a pan of simmering water. Once melted to 45°C, remove from the heat and set aside to cool. When the chocolate has cooled to 35°C, temper to 30-31°C. Use to make chocolate feather shapes, then place the acetate over a rolling pin to make curls. Keep in the fridge until ready to serve.

## 07

### Caramel Sauce

1. Make a caramel by putting the sugar and water together in a small saucepan over a medium heat, shaking the pan regularly. Once the caramel has turned a deep golden brown, add the butter and whisk to combine.
2. Add the cream, vanilla and salt and bring back to a boil. Boil for one minute, then pass through a sieve and leave to cool completely.

## 08

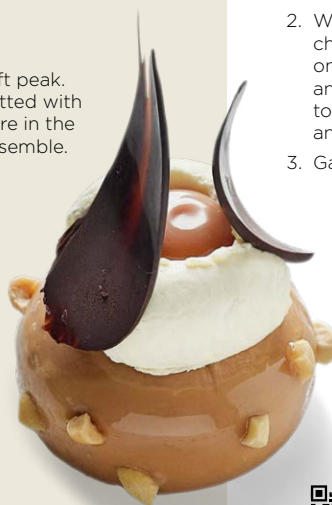
### Fresh Cream

1. Whisk the cream to soft peak. Place in a piping bag fitted with a round nozzle and store in the fridge until ready to assemble.



### Assembly and Presentation:

1. Unmould the frozen chocolate petit gateaux from the moulds and place on a wire rack over a baking tray. Pour the warm caramel glaze over each chocolate petit gateau, ensuring each is completely covered. Place on a tray until ready to assemble.
2. When ready to serve, press the chopped candied peanut pieces onto the glazed petit gateaux, and pipe the fresh cream on top. Make a dip in the cream and fill with caramel sauce.
3. Garnish with chocolate décor.



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