

Exotic Ile Flottante

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To prepare

Peel the mango, cut the two sides into thin slices and place on a tray. The cut 1 cm discs and set aside in the fridge. Cut the rest into a fine brunoise. Mix the cut pineapple with the mango. Add the seeds of one passion fruit, then set aside in the fridge.

To prepare the mango coulis

Heat all the ingredients. Mix in the blender then strain. Set aside in a pipette in the fridge.

Rezept für 4

Ingredients

1 mango
1 passion fruit
50 g pineapple brunoise

Ingredients for the mango coulis

120 g mango pulp
15 g sugar
20 g passion fruit juice

Ingredients for the meringues

90 g egg whites
45 g sugar
1 lime
50 g grated coconut

Ingredients for the coconut sorbet

2 dl coconut pulp
40 g syrup at 30 °C
(20 g water + 20 g sugar)
10 g coconut cream
40 g water
10 g Malibu



To prepare the meringue

Whisk the egg whites with the sugar to form peaks. Add the zest of one lime, then place in a pastry bag. Lightly grease 4 moulds 4 cm in diameter and 4 cm in height, then place on a baking tray covered with baking paper. Preheat the oven to 200 °C on the top/bottom heat setting. Fill the moulds up to 3/4 with the meringue and place in the oven immediately for 3 minutes. After removing from the oven, remove the moulds and roll the meringues in the grated coconut. Hollow out the interior using a melon baller, then fill with the pineapple brunoise and add the mango discs on top. Set the meringues aside in the fridge.

To prepare the coconut sorbet

Heat all the ingredients to 70 °C then stir. Store in the freezer at -10 °C.

Anrichten

To serve

Place the meringue in the centre of the plate and surround by drops of mango coulis. Add a scoop of coconut ice cream on top just before serving.

Cooking level

With preheating

3 minutes | top/bottom heat setting 200 °C