

THE INCABERRY

Incaberry & Marshmallow Dessert – by Chef Alejandro Saravia

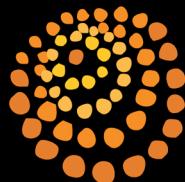


INGREDIENTS – INCABERRY MARSHMALLOW

200 g incaberry purée (see recipe below)
500 g caster sugar
20 g gelatine
2 egg whites
100 g corn flour
100 g icing sugar

INGREDIENTS – INCABERRY PUREE

500 g of dry incaberries
1 litre of water
1 cinnamon quill
2 bay leaves



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Method – Incaberry puree:

In a medium saucepan, add the water and bring to boil. When the water is boiling add the cinnamon quill and bay leaves, then add the incaberries. Let it simmer for 30 minutes or until the incaberries start to break down/dissolve. Take the pot out of the heat and let it cool down for 10 minutes.

Add the mix in to a blender and blend until you get a smooth paste and all the incaberries are completely blended (about 4 mins).

Put the mix on a thin wire strainer and with the help of a spatula pass all the mix through. Pass it in small batches as the Incaberries have a lot of small seeds that will block the strainer. You may need to wash out the strainer a few times during the process! You should end up with a thick mix that can coat the bottom of a spoon.

Method – Marshmallow:

Dissolve the gelatine in the Incaberry purée and keep it warm.

Cook the sugar in a pan with 1 cup of water until the mix reaches 125C (you'll need a thermometer for this), then mix in the puree.

Whisk the eggs whites until they stand in peaks and gradually add the warm mix of incaberry puree and sugar until everything is evenly combined.

Pour the mix into a non-stick tray of 20 x 30 cm and 2 finger height and let it set in the fridge until the bottom of the tray is completely cold. (Approx 45 minutes)

Once set, cut into squares, dust with icing sugar. Serve with some baby coriander leaves and some finely chopped incaberries.