

# Recipes for Teacake Challenge Garnishes

## Fluid Fruit Gel:

750ml Orange Juice/ any juice

25g sugar

5g Agar

OR

250g strawberries/raspberries, pureed and sieved

100g sugar

4-5g Agar

1. Warm the OJ/Strawberries and sugar until dissolved, then add the Agar to hydrate it.
2. Bring to the boil and whisk for 3 mins. (This is essential)
3. Pour into a shallow tray and allow to cool and set.
4. Cut up with a palette knife, then blitz with a stick blender until smooth.

*Agar – quite expensive, I bought mine from Waitrose, £4 for 30g but in 5g sachets. Lakeland do 50g for £4.99 or 'Special Ingredients' (Online/Amazon) do 100g for £6.60*

## Tuile (Thin, crispy biscuit)

1 egg white

60g caster sugar

30g plain flour

30g melted butter

*I used Teflon and silicone sheets for the demos, but you can buy siliconized baking parchment. Or just try a good parchment paper! An angled palette knife is useful for lifting them.*

1. Preheat oven to 180 degrees/gas 4
2. Whisk the egg white until frothy, add the sugar and whisk again.
3. Sift/fold in the flour, add the butter
4. Dollop the mixture onto a Teflon sheet and smooth into a circle with the back of a spoon.
5. Bake for 3-5 mins (until a pale straw colour) *Keep an eye on them!*
6. Whilst still warm and pliable, shape over a greased rolling pin or wooden spoon handle. If you're moulding them, be careful they're hot! If they go hard before you've finished, pop back in the oven for a moment to make them pliable again.

*Top Tip; Make sure you spread the batter very thinly. Enjoy! I found a challenge for you all too - see photo!!!*



## **Tempered Chocolate – seeding method (for snap and shine)**

400g chocolate

Kitchen thermometer

1. Roughly chop up 300g (3/4) of the chocolate
2. Finely chop the remaining 100g (1/4)
3. Place a heat proof bowl over a pan of simmering water. Add the roughly chopped chocolate to the bowl and melt.
4. When it reaches 55-58 degrees (dark choc) or 45-50 degrees (white choc), remove from Bain Marie.
5. Set aside 1/3<sup>rd</sup> of the melted chocolate in another bowl in a warm place to keep it melted.
6. Add the finely chopped chocolate to the larger bowl and stir constantly until the temperature drops to 28/29 degrees (dark choc) or 26/27 degrees (white choc)
7. Add the reserved melted chocolate back into the bowl so the temperature raises up to 31/32 degrees (dark choc) or 28/29 degrees (white choc)

*Pour onto bubble wraps which makes great textured shapes! Chocolate runouts (piped shapes) are great, lots of good YouTube videos around, try this one to get you started: <https://www.youtube.com/watch?v=qdAgG8EJWa4>*

## **Honeycomb (BBC Good Food)**

Butter for greasing

200g caster sugar

5 tbsp golden syrup

2 tsp bicarbonate of soda

*This is great broken into shards to add height and texture to the dish*

1. Grease and line a 20cm tin with butter
2. Mix caster sugar and syrup in a deep saucepan, stir over a gentle heat until the sugar has melted.
3. Turn up the heat to a simmer until you have an amber coloured caramel.
4. Turn off the heat, tip in the bicarb and beat with a wooden spoon until the mixture is foaming.
5. Scrape into the tin immediately. Leave to set for approx. 1 hour.

## **Chocolate Soil (Courtesy of Simon Gray)**

100g dark chocolate

25g butter

25g caster sugar

20g Zorbit (Tapioca Maltodextrin) (*'Special Ingredients' online BUT it's expensive!*)

1. Place the chocolate, butter and caster sugar in a bowl.
2. Place the bowl over a pan of simmering water and melt all the ingredients together
3. Bit by bit add the Zorbit into the melted chocolate mixture. It will thicken and then gradually become a powder.

*If you don't want to do go to the expense of this, I used **crushed up Bourbon biscuits** (cream removed) for a quick win, or students could make chocolate shortbread too.*

### **Other things to try:**

*Sugar work – melt sugar to a caramel colour then pour onto parchment. Allow to set and break into shards. Also try cages (over a lightly greased ladle) or spirals around a metal utensil handle.*

***SAFETY WARNING: molten sugar is extremely HOT and can cause nasty BURNS, only attempt this with adult supervision. DO NOT TOUCH the caramel until it has cooled***