



La Ferme de mon Père
RESTAURANT

FLOATING ISLAND

Recipe for 4 persons



COOKED EGG WHITE

Ingredients

- 170g egg whites
- 25g sugar
- 1 pinch of salt

Preparation

- Beat the egg whites with a mixer, gradually adding the sugar and salt.
- Stop them when they are firm. Form 2 large egg whites, place them carefully on a plate and cook them one by one in the microwave for 20 seconds at maximum power.
- Keep them cold.

SALTED BUTTER CARAMEL

Ingredients

- 300g of sugar
- 140g of cream
- 250g of butter
- 6g of salt

Preparation

- Put the sugar in a saucepan and melt it gently until it becomes a brown caramel.
- Add the cream and salt and stir off the heat.
- Wait a few minutes for the caramel to cool a little, then add the butter little by little to obtain a creamy texture.

CUSTARD

Ingredients

- 0,5 L of milk
- 0,5 L of cream
- 1g of vanilla
- 100g of sugar
- 180g of egg yolk

Preparation

- Bring the milk, cream, and vanilla to a boil.
- Mix the egg yolks and sugar.
- Gently pour your hot milk, cream, and vanilla mixture over the egg yolks and sugar while stirring.
- Pour this mixture into the pan and stir until it boils.
- Set aside in a cool place.

DRESSING

- Pour your cold custard into a large dish, carefully place your cooked egg white.
- Finish with the caramel sauce on top.

Recipe proposed by Benjamin Vakanas, executive chef at La Ferme de Mon Père.

CONTACTS

*If you would like more information or any visuals,
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