

8.6 Specialty Desserts

Frozen Desserts



Ice Cream

- To be accurately labeled ice cream, must contain a certain % of milkfat
 - Vanilla ice cream must contain no less than 10% milkfat
 - Other flavors: No less than 8% milkfat
- Quality ice cream characteristics:
 - has a custard base
 - melts readily in the mouth
 - does not weep, or separate, when it softens at room temperature.

Frozen Desserts

Gelato:

- Italian version of ice cream
- Unlike ice cream, however, it does not contain eggs
- Often made with whole milk, rarely with cream

Frozen Desserts

Frozen yogurt:

- Contains yogurt in addition to the normal ice cream ingredients, such as sugar/sweeteners, gelatin, colorings, & flavorings
- Make with low-fat or non-fat yogurt
- Frozen yogurt both freezes and melts more slowly than ice cream.

Frozen Desserts

Frozen mixtures of fruit juice or fruit puree:

- **Sherbet:**

- Contains milk and/or egg for creaminess

- **Sorbet**

- Contains no dairy, just fruit juice or purée with sweeteners and other flavors or additives
- Serve as a:
 - First course
 - Palate cleanser between courses
 - Dessert

Poached Fruit and Tortes

- **Poached Fruit**
 - **Combination of fruit with a liquid, usually a mixture of sugar, spices, and wine.**
 - More sugar in the poaching liquid, the more the fruit will hold its shape.
 - Use fruits that are firm enough to hold their shape during cooking.
 - Ex. Apples, pears, peaches
 - Popular Recipes: [Peach Melba](#) and [Pears Belle Hèlène](#)

Poached Fruit and Tortes

- Poaching Technique:
 - Heat the fruit and liquid together until the fruit is tender
 - Test for doneness with a fork; the fruit is fully poached when it is easy to pierce.



Poached Fruit and Tortes

- **Torte:**

- An elegant, rich, many-layered cake often filled with buttercream or jam.
- Pastry chefs often use [Génoise](#), French sponge cake, in preparing a torte.
 1. Split it into layers
 2. Top each layer with buttercream or jam filling
 3. Place layers back together and coat the entire cake with simple syrup
 4. Frost cake

Dessert Sauces and Creams

- Crème Anglaise

- Light, vanilla custard sauce made from milk, egg yolks, & sugar
- Is a classic accompaniment to soufflés and steamed puddings

Note:

- If overheated, can curdle (develop clumps)
 - Possible to save it by straining immediately into a container set in an ice bath.

Dessert Sauces and Creams

- **Fruit sauces** can be raw or cooked, depending upon the desired flavor.
 - **Coulis:**
 - Fruit sauce made from fresh berries used to top ice cream, cheesecake, or other desserts
 - If cooked, only just to activate a thickener
 - Strain seeds with a chinois
 - Thicken remaining pulp with cornstarch, arrowroot, or a light pectin
 - Can be spooned or piped onto dessert



Dessert Sauces and Creams

- **Fruit syrups**
 - **Cooked sugar-based juice**
 - Sugar itself provides the thickening as the liquid boils & is reduced
 - Used to garnish desserts and ice cream or to complement breakfast items.



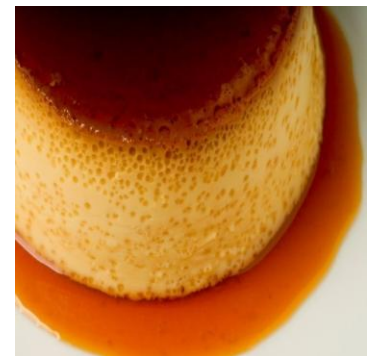
Dessert Sauces and Creams

■ Caramel Sauce

- Cooked sugar caramelized with butter
- Sometimes have added cream
- Greater the heat, the darker the color (ideal: golden amber brown)
- Longer the cooking time, more sugar crystals will develop (harder the caramel)
- If overcooked, sauce will become too thick

■ Butterscotch-Flavored Sauce:

- Caramel sauce with added vanilla & brown sugar



Dessert Sauces and Creams

- **Chocolate sauce** is a family of sauces and syrups with cocoa or melted chocolate as the base.
 - Usually some butter & corn syrup to maintain flowing quality
 - Some will harden when cooled (ex. Chocolate Fondue)
 - If truly a syrup, sauce will remain liquid when cooled
 - Hardened shells over ice cream:
 - Use a special formulation of chocolate with a saturated oil



Dessert Sauces and Creams

- **Sabayon** (*sa-by-on*) or **Zabaglione** (*zah-bahl-YOH-nay*)
 - **Fragile wine dessert sauce made from egg yolks, sugar, and wine (often Marsala wine)**
 - Whip constantly over simmering water until light and thick
 - Too delicate to be made ahead of time & held



Dessert Sauces and Creams

- **Pastry creams (crème pâtissière)**
 - Have greater density than custards
 - Part of mise en place for many kitchen desserts
 - Used as fillings for pastries such as éclairs
 - Use creams as a soufflé base
 - Cook eggs, sugar, flour or cornstarch, milk and/or cream together until it is a very thick, smooth mixture

Dessert Sauces and Creams

■ Bavarian creams

- Combination of three basic ingredients: vanilla sauce, gelatin, and whipped cream.
- Combine vanilla sauce with dissolved gelatin
- Cool mixture over an ice bath until it mounds slightly when dropped with a spoon
- Fold whipped cream into the mixture and pour into molds
- Use as single items or as fillings for pastries



Plating and Presenting Desserts



- Good plate presentation requires careful attention to colors, shapes, textures, and arrangement of food on the plate.
 - Guests eat first with their eyes, then their noses, and finally with their mouths.

- There are two areas of presentation technique:
 1. The food itself
 2. The plate, platter, or dish as a whole

5 Components of a Plated Dessert

- Main item: 3 – 5 ounces
- Sauce/sauces: 1 -2 ounces
- Garnish- fruit, chocolate lines, powdered sugar
- Crunch garnish- cookie, chocolate decoration, fruit chip, sugar cage
- Frozen Component (optional)- sorbet, ice cream



Plated Dessert Contrasts

- **Successful desserts have a variety of contrasts**
 - Temperature- hot/cold
 - Texture- creamy/crunchy
 - Shape- round/square
 - Color- bright/subtle
 - Flavor- lean/rich, sweet/sour



Composition and Contrasts



How could you improve on these compositions and contrasts?



Tips For Plating

- Mise en Place
- Don't use overpowering flavors
- Don't confuse the eye with too much complexity
- Don't confuse the palate with too many flavors
- Glazes should be used sparingly and only if they enhance an item
- All items on the plate should be edible
- Avoid unnatural colors – black, blue
- Best to place dessert decoration in threes, as it tends to be more appealing to the eye
- All plates should be identical



ANALYZE THESE DESSERTS











Section 8.6 Summary



- Quality ice cream has a custard base, melts readily in the mouth, and does not separate when it softens at room temperature.
- Sherbets and sorbets are frozen mixtures of fruit juice or fruit purée.
- Frozen yogurt both freezes and melts slower than ice cream.
- To poach fruit, combine fruit with a liquid, usually a mixture of sugar, spices, and wine.
- A torte is an elegant, rich, many-layered cake often filled with buttercream or jam.
- Use sauces to add flavor, moisture, and eye appeal to desserts.
- Food presentation is an art. Good plate presentation results from careful attention to colors, shapes, textures, and arrangement of food on the plate.