

# Salt Licuorice Parfait

## Parfait Ingredients

90g 'Darrell Lea' licuorice, chopped  
400ml cream  
2 eggs  
4 egg yolks

100g castor Sugar  
50ml glucose  
20ml Pernod  
Green food colouring

## Method for the Licuorice Parfait

1. Place the licuorice and cream in a pot and slowly bring to a simmer.
2. Cook for 5 minutes then blend in a liquidizer while still hot.
3. Transfer to a large bowl and cool down.
4. Meanwhile, make a thick ribbon sabayon with the eggs, egg yolks, sugar, glucose and Pernod over a bain mair.
5. Combine the licuorice mixture and sabayon then and mix well to combine, Add food colouring at this stage if needed.
6. In a tray lined with baking paper place the sponge on top then pour over the parfait mix, to set at about 1.5 inches.
7. Place in the freezer until completely frozen.

## Sumbucca Sponge Ingredients

20 eggs  
400g caster sugar  
240g flour

150ml Sumbucca (white)  
Jet Black food colouring

## Method for the Sumbucca Sponge

1. Place eggs and sugar in medium mixing bowl, put over medium heat and stir until sugar has dissolved.
2. Put bowl into mixture on high speed until eggs have tripled in size.
3. Add food coloring until mix is jet black, remove from mixer. Fold in flour and sumbuca.
4. Spread onto trays. 500g per tray. Bake at 180°C for approx 5 minutes.

## Lime Syrup Ingredients

250g sugar  
250ml water

1 lime, juiced and the peel zested into strips  
1 lime segments, pith and pips removed

## Method for the Lime Syrup

1. Bring the sugar and water to the boil, stirring until the sugar has dissolved.
2. Remove from the heat and add the lime juice and the rind.
3. Stir well then refrigerate.

## Lime Jelly Ingredients

150ml sugar syrup  
100ml lime juice

4 gelatine leaves

## Method for the Lime Jelly

Warm the sugar syrup and lime juice and melt in the soaked gelatine leaves, set in fridge.

## Compressed Apple Ingredients

1 apple sliced  
20ml pernod

20ml sugar syrup  
50 ml lime juice

## Method for the Apple

1. Core the apple and slice 1.5mm thick
2. Place all ingredients in a crivac bag and compress overnight.

## DISH BREAKDOWN

1 ea. Sambuca sponge  
1 ea. Licuorice parfait  
1 ea. Tuille  
3 ea. Lime zest

60ml Lime syrup  
5 ea. cut 1cm cubes Lime jelly  
3 ea. Compressed apple

## TO SERVE

Pull the parfait from the freezer and place in the bowl, add three pieces of apple folded in half to one side of the parfait. Add 5 pieces of lime jelly around the parfait then add the tuille with 3 limes zest on top as shown. Pour in the lime syrup.