

BISTRO

CLASSIC FRENCH
COMFORT FOOD
ALAIN DUCASSE





RUM SAVARIN

with Lightly Whipped Chantilly Cream

DESSERTS 233

ALLARD

MAKE THE SAVARIN DOUGH

Preheat the oven to 165°C – 330°F (gas mark 3). Put the flour, yeast, honey, salt, and butter into a stand mixer fitted with the paddle attachment. Start the mixer, then add the eggs, one at a time, to make a smooth, glossy, and elastic dough. When the dough comes away from the sides of the bowl, stop mixing, transfer the dough to a tray lightly greased with oil, and rest for 20 minutes.

Grease the savarin mold with butter and add the dough. Let the dough rise in a warm place for 2 hours. Bake for 40 minutes, until the cake turns golden. If necessary, turn the mold around halfway through baking to produce a uniform coloring. Unmold the savarin and transfer to a rack to cool.

MAKE THE SYRUP

In a stockpot, bring 1 liter – 4 1/4 cups water to a boil with the sugar, then add the zests and vanilla beans and boil for 2 minutes. Set aside*.

MAKE THE CHANTILLY CREAM

Combine the cream, vanilla bean seeds, and sugar in a stand mixer and start to whip* gently with the whisk attachment, gradually increasing the speed. The cream should be lightly whipped and still runny.

MAKE THE APRICOT GLAZE

Heat the apricot pulp in a saucepan. When it reaches 40°C – 104°F, very gradually sprinkle in the sugar mixed with pectin. Briskly whisk and cook for 2–3 minutes, then let cool.

FINISHING

Heat the syrup and remove the pan from the heat when the temperature reaches 50°C – 120°F. Dip the savarin into the syrup, bottom first, and let sit for 15 minutes. Turn it over and let sit for another 10 minutes. Use a skimmer to drain the savarin, being careful not to break it, then transfer to a rack. Wait for a few minutes, and then brush it with the apricot glaze. Carefully place the savarin on a plate. Serve the Chantilly cream in a sauceboat.

SERVES 8

PREPARATION: 3 HOURS

COOKING: 40 MINUTES

RESTING: 2 HOURS 55 MINUTES

SAVARIN DOUGH

172G – 6.07 OUNCES (1 1/3 CUPS
PLUS 2 TEASPOONS) FLOUR
7G – 0.25 OUNCE
(2 1/4 TEASPOONS) YEAST
7G – 0.25 OUNCE
(1 1/2 TEASPOONS) HONEY
2G – 0.07 OUNCE (1/3 TEASPOON)
SALT
60G – 2.12 OUNCES
(4 TABLESPOONS) BUTTER, PLUS MORE
FOR GREASING MOLD
215G – 7.58 OUNCES (3/4 CUP
PLUS 2 TABLESPOONS) EGGS
(ABOUT 4 LARGE)
OIL FOR GREASING

SYRUP

450G – 1 POUND (2 1/4 CUPS)
SUGAR
ZEST OF 1 LEMON
ZEST OF 1 ORANGE
2 VANILLA BEANS

CHANTILLY CREAM

500ML – 2 CUPS LIGHT CREAM
1/2 VANILLA BEAN
50G – 1.76 OUNCES (1/4 CUP)
SUGAR

APRICOT GLAZE

200G – 7 OUNCES (3/4 CUP)
APRICOT PULP
100G – 3.53 OUNCES (1/2 CUP)
SUGAR
3G – 0.11 OUNCE PECTIN NH