



Iain Watters'

Baked Alaska

Chocolate, Black sesame seed, and Coffee caramel baked Alaska (approx 200mm in Diameter)

Ingredients

Cake

- 150g self-raising flour
- 150g golden caster sugar
- 150g unsalted butter
- 2 large free range eggs
- 90g raw cacao (Willies Cacao shop)

Ice cream

- 2 tbsp. roasted black sesame seeds
- 3 tbsp. black sesame seed paste
- 70g of caster sugar
- 5 eggs yolks
- 2 tbsp good quality honey
- 300ml full fat milk
- 300ml double cream
- 1 tsp Vanilla extract

Coffee caramel

- 50g golden caster sugar
- 50g light soft brown sugar
- 50g golden syrup
- 80g unsalted butter
- 120ml Double cream
- 1 tsp powder coffee

Meringue icing:

- 300g caster sugar
- 5 large free range eggs white
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Chocolate truffles

- 200g good quality dark chocolate
- 160ml double cream
- 80g light muscovado sugar
- 50g unsalted butter

Method

For the truffles, in a heavy based saucepan warm the cream and sugar. Simmer for a few minutes then set aside.

Roughly chop the chocolate and butter and place in a heatproof bowl. Now pour the cream mixture in and stir until you have a smooth mixture. Place in the fridge to set.

For the ice-cream, firstly roast the black sesame seeds in a heavy based frying they start to pop. Then place in a miniature food processor/coffee grinder until the seed become very fine. Whisk the sugar and egg yolks together to a pale yellow colour. Add the black sesame seed paste, honey and processed sesame seed and mix until well combined.

Now gradually add the milk to the mix and then pour into a heavy based saucepan. On a medium heat, warm the mixture, stirring until the mixture is custard like. Make sure it doesn't exceed 80c or the eggs will cook.

Now pour the custard back into a small bowl. Then half fill a larger bowl with iced water and place the small bowl inside it to allow it to cool. While the mixture is cooling, whip up the double cream until it has soft peaks. The cream can then be folded into the custard mix.

When the entire ingredients are well combined the mixture can be put into an ice cream machine to set. Then spoon the ice cream into a small bowl lined with cling film.

Before the ice cream has entirely set, form the chocolate truffles into balls, and push into the ice cream at regular intervals about half way into the bowl. To make the cake, roughly chop the raw cacao and heat in a bain-marie until completely melted. Cream together the sugar and butter, then add the eggs and sifted flour until well combined. Then gradually beat in the melted cacao.

The cake can now be baked at 180c for 20 mins in a 19cm springform tin. To make coffee caramel, heat the sugars, butter and golden syrup together in a heavy based saucepan and simmer for 5 mins.

Take off the heat and add the cream. The mixture can now be returned to the heat and simmer for 2 mins. Finally add the coffee powder and leave to cool. The cake can then be returned to the tin, and the caramel poured over it, the tin should hold the caramel on top while it sets.

For the meringue, whisk the whites in a very clean bowl to form soft peaks. Now add the sugar a little at a time. Whisking in between each addition of sugar until you have stiff peaks. To assemble the baked Alaska, remove the cake from the tin. Then remove the ice cream in one piece from the bowl and place on top of the cake.

Working quickly spread the meringue all over the cake and ice cream. Bake in a pre-heated oven at 220c for 5 mins.

Once baked the meringue can be browned with a blow torch.

