

Chikki Chocolate Delice with Salted Peanut and Jaggery Ice Cream

INGREDIENTS:

Salted Peanut and Jaggery Ice Cream:

- 150g Jaggery, grated and crumbled
- 100g Peanuts, roasted and crushed
- 1 Tbsp Sea Salt
- 300ml Whipping Cream
- 300ml Whole Milk
- 100g Sugar
- 6 Large Egg Yolks

Caramelized Nut "Chikki":

- 120g Sugar
- 30g Unsalted Butter
- 30g Pistachio Nuts, roasted and crushed
- 30g Pine Nuts, roasted and crushed
- 30g Cashew Nuts, roasted and crushed

Silky Chocolate Delice:

- 50ml Whole Milk, warmed
- 100g White Chocolate, melted
- 1 Large Egg Yolk
- 30g Unsalted Butter, melted
- 300g Dark Chocolate, melted
- 300ml Whipping Cream,
whipped to soft peaks with 1
tablespoon sugar



Pair with a
fortified red
wine.

Serves 24

Recipe provided by The Gulf Hotel Bahrain, a member of Worldhotels

Chocolate Delice

DIRECTIONS:

Salted Peanut and Jaggery Ice Cream

In a heavy pan over medium heat, cook the jaggery, without stirring, until melted and golden caramel. Add peanuts and salt, stirring until evenly coated, then pour the mixture into a parchment lined baking tray. Let cool, then crush with a rolling pin and set aside. Gently bring the cream and milk to a boil in a heavy sauce pan. Whisk the sugar and egg yolk in a bowl until creamy, then slowly pour into warm milk, stirring constantly with a wooden spoon, until thickened; do not boil. Immediately strain the mixture through a sieve then let cool. Add the crushed caramelized peanuts then freeze in an ice cream machine until firm.

Caramelized Nut "Chikki"

Melt the sugar in a heavy pan, then raise the heat and cook, without stirring, until it turns golden caramel. Add the butter, then immediately add the nuts. Quickly stir the mixture to coat the nuts, then pour into a parchment lined baking tray to form a layer about 5 mm thick. Let harden.

Silky Chocolate Delice

Combine milk and white chocolate, set aside. Whisk the egg yolk and melted butter together, then pour in the dark chocolate and whisk well. Gently fold in whipped cream. Pour the mixture over the caramelized nuts then spoon the white chocolate mixture unevenly over the top. Refrigerate for 3 hours, until set. To serve, cut the chocolate delice into slices about 4 cm thick and 10 cm wide and serve with the salted jaggery and peanut ice cream.



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Rasoi By Vineet at The
Gulf Hotel Bahrain

