



**Grapefruit  
"Baked" Alaska**  
Grapefruit Parfait  
Meringue  
Olive Oil Dust  
Parsley Gel  
Grapefruit  
Marmalade

**2016 CATIE AWARDS - Best Dessert**



**Concept:**

Touching on a little nostalgia, we wanted to bring back an old favorite in the dessert world, the Baked Alaska. Originally a dome of ice cream & cake covered in meringue and then set alight tableside, we wanted to make this classic feasible for a party of 500.

We played around with the composition and came up with a catering friendly design. Foreseeing numerous onsite challenges with the ice cream, we replaced that element with a light and airy grapefruit parfait. The grapefruit also played well to ease the sweetness of the dessert, lending a slightly tart balance to the sugary meringue.

A grapefruit scented olive oil cake replaces the classic sponge for the base of the parfait, and the whole thing is smothered in a vanilla meringue and torched onsite to give the appearance and flavor of the classic Baked Alaska. Parsley gel and a grapefruit marmalade add a pop of color to the plate and a finishing touch of olive oil dust, which re-constitutes into an oil once consumed, blends some new molecular techniques with a dessert reminiscent of the over the top decade of the 80's.

### **Production:**

Beginning with the olive oil cake, it is baked in sheets and cut into rounds to fit the bottom of the parfait. The grapefruit parfait is piped into silicone half sphere molds and topped with the already cut olive oil cake round. Together, these two elements are frozen until set, then popped out and covered with an Italian meringue. At this point the “Baked Alaska’s” are set back in the freezer until they are ready to go to the event.

The grapefruit bases can be kept in the freezer until the meringue stage for a few weeks which makes it easy to prepare for large scale events. We “meringue” them the day of and then ship them out in cold boxes to be torched onsite.



### Challenges:

We had always thought that it would be near impossible to do a Baked Alaska onsite for a large number of people. Normally, we send scooped ice cream for desserts on dry ice, however the size of a standard Baked Alaska would prove too complicated to reach proper temperature for service if we did not have a freezer on site. The ice cream would be solid as a rock and impossible to eat. Replacing the ice cream with the parfait allowed for us to not only put a new twist on the dessert but solved our ice cream issue. Another issue we had was the traditional meringue. Baked Alaska is a dessert that is normally meringued, flash-baked in a very hot oven and served immediately. We don't have the capacity or time to do this on site so we had to create something that could be made ahead of time. We tried making the meringue domes separately using the underside of the sphere molds so they would sit perfectly on top but found that it didn't have the right flow when you cut into it with your fork. The shell seemed to separate from the parfait inside. We experimented with different meringues and found the Italian meringue to be the most stable and could even be frozen for 12 hours. Torching the meringue on site also takes care of any small amounts of condensation that may form on the meringue from freezing process.



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GRAPEFRUIT PARFAIT	YIELD:		FOOD COST:
	Ingredient	Measure	Method
	35% Cream	180 g	Whip cream and set aside. Bloom gelatin in cold water and set aside. In a heavy bottomed pot whisk together eggs and sugar. Add the grapefruit juice and zest. Bring to a boil, whisking constantly until thickened. Add butter, Campari and gelatin and whisk to emulsify. Strain the mixture and cool to room temperature. Fold in whipped cream, pipe into molds and freeze
	Eggs	4	
	Sugar	340 g	
	Grapefruit Juice (pure)	170g	
	Zest of 1 grapefruit		
	Butter	170 g	
	Campari	1 tbsp	
Gelatin Sheets	4		

OLIVE OIL DUST	YIELD:		FOOD COST:
	Ingredient	Measure	Method
	Olive oil	80 g	Add all ingredients to a food processor and pulse machine until everything is combined.
	Tapioca Maltodextrin	25 g	
Salt	3 g		

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ITALIAN MERINGUE	YIELD: 10		FOOD COST:
	Ingredient	Measure	Method
	Egg Whites	140g	In a pot combine water and sugar. Place egg whites in a stand mixer with a whisk attachment. Heat the sugar and water to 220 degrees Fahrenheit and start the mixer on medium speed. Once the sugar has reached 250 degrees F remove from stove and pour slowly into the egg whites with the mixer running. Whip on medium high speed until the mixing bowl is cool to the touch.
	Sugar	280g	
	Water	90g	
Vanilla	1 tsp		

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OLIVE OIL CAKE	YIELD:		FOOD COST:
	Ingredient	Measure	Method
	Eggs	6	In a mixing bowl whisk together eggs, sugar, olive oil, and zest. In a separate bowl whisk together flour, baking soda, baking powder and salt. Add half the dry mix to the wet and stir to combine. Add in milk and grapefruit juice, then the remaining flour and the ground almonds. Stir to combine and pour onto a prepared baking sheet. Bake about 10 minutes and cool on the rack.
	Sugar	4 cups	
	Olive oil	500 mL	
	Milk	590 mL	
	Grapefruit Juice	125 ml	
	Grapefruit Zest	1 Grapefruit	
	Flour	4 cups	
	Baking Soda	1 tsp	
Baking Power	1 tsp		
Salt	2 tsp		
Ground Almonds	½ cup		

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PARSLEY GEL	YIELD:		FOOD COST:
	Ingredient	Measure	Method
	Parsley	4 cups	Bring a pot of water to boil. Blanche parsley for about 20 seconds then transfer to a bowl of ice water. Dry the parsley out by squeezing it in a clean dish towel. Puree the parsley with 1C of water and 2 1/4C ice until smooth. Strain through a fine chinois. In a small pot add sugar, 1/2C water and agar. Bring to a simmer whisking constantly for 5 minutes. Warm 3/4s of the parsley liquid and add to the agar agar. Add a pinch of salt. Add the remaining parsley liquid and pour into a baking dish to set in the fridge for 1 hour. Remove from fridge and blend in a high speed blender until smooth and shiny
	Ice	2 ¼ cups	
	Sugar	1/3 cup	
	Agar Agar	1 tbsp	
Salt	pinch		

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GRAPEFRUIT MARMALADE	YIELD:		FOOD COST:
	Ingredient	Measure	Method
	Sugar	6 ½ cups	Remove the rinds from the grapefruits. Keep the rinds from 3 of the grapefruits, discard the other rinds. Chop into small bits and place in a pot with 2 C water, vanilla beans, cinnamon sticks and baking soda. Cover and boil for 20 to 25 minutes until the rinds have softened. While the rinds are cooking, chop up the flesh from the grapefruit, removing any seeds. When the rinds are done add the flesh, cover and cook about 20 minutes. Add pectin and butter and boil over high heat stirring constantly. Add in all the sugar at once and boil hard for 1-2 minutes. Remove from heat, skim off any scum and refrigerate until set (you can also can the marmalade at this point if you would like but we just freeze it in small batches for later use)
	Pink Grapefruit	4 medium size	
	Baking Soda	1/8 tsp	
	Liquid Pectin	2 pkg	
	Butter	¼ tsp	
	Vanilla Beans	2	
Cinnamon Sticks	3		