

## **BIRD'S MILK (PTICHYE MOLOKO)**

(very slightly modified from [Verdade de Sabor](#))

*for the cookie base:*

80 g of softened butter  
65 g powdered sugar  
5 g sugar  
1/8 teaspoon vanilla extract  
2 egg yolks  
90 g all purpose-flour  
10 g almond flour  
1/4 c. of baking powder

*for the milk filling:*

100 g of egg whites  
pinch of cream of tartar  
180 g sugar  
1/8 tsp vanilla extract  
160 g water (divided in 60 and 100 g)  
20 g gelatin powder  
100 g of softened butter  
100 g condensed milk

*Chocolate cover:*

400 g of chocolate 50-55%  
100 g of oil (I used grapeseed)

Make the cookie base. Heat the oven to 350 F. In a bowl beat the butter and the powdered sugar and the vanilla until light and fluffy. Add the egg yolks, one by one, constantly beating. In another bowl sift the flour and baking powder and add to the previous mixture. Finally, add the almond flour. Stir very well. The dough does not get too thick or too liquid, the texture must be creamy.

Spread the dough as a square, about 1/8 inch thick, smooth the surface with a spatula. Bake for about 15 minutes (depending on the oven) or until golden brown. Remove from oven and let cool slightly. Then, cut circles just slightly smaller than the diameter of your silicone mold. You can also make the dessert as a single rectangle or square, using a ring to assemble it. Allow to cool completely.

Make the milk souffle: Hydrate the gelatin in 60 mL ice water. Then melt in a water bath (I placed it in the microwave for bursts of seconds, watching it very carefully). Reserve. In a bowl, beat the butter well with the condensed milk until you get a fluffy cream. Reserve.

Add the sugar and vanilla in a small saucepan, pour 100 mL cold water. Put a culinary thermometer in the mixture and bring to medium heat. Meanwhile, in the mixer, beat the egg whites until foamy. When the syrup boils, add the cream of tartar. When the syrup reaches 240 F (116 C), remove from the heat, and add the hot syrup to the egg whites gradually. Continue beating the meringue for a few more minutes or until it forms firm peaks. Then slowly add the melted gelatin, and continue to beat. Reduce the speed of the mixer to the minimum and gradually add the cream of butter and condensed milk.

Pour the souffle into the silicone molds (I made 6 individual serving ones, but had leftover filling that I added to a smaller mold and saved in the freezer for later). Place a cookie on top, and press it slightly into the mousse, but do not sink it in. Cover with plastic film and freeze. You can do that a couple of days in advance.

Make the chocolate coating: Melt the chocolate in a water bath or in the microwave. Add oil and stir well. Allow to cool at room temperature to 86 to 93 F (30-34 ° C). That is really pretty cold, below body temperature. You can also make that the day before and warm it up gently, without stirring with a whisk, as you don't want bubbles to form.

Unmold the domes and cover with the glazing. Decorate with tempered chocolate if you desire. I used white chocolate drizzle.