

PISTACHIO-CARAMEL APPLE CAKE

(from the Bewitching Kitchen)

equipment: Silikomart mold [Universo](#) or cake ring (18cm-7 inch diameter)

for the cookie base:

100 g all-purpose flour
50 g cold butter, cut in pieces
25 g granulated sugar
1 egg yolk
1 tablespoon cold water
15g ground almonds
pinch of salt

for the apple-yuzu insert:

150g granny smith apples
15g yuzu juice (or substitute lemon juice)
1/4 tsp vanilla paste
18g granulated sugar
2g NH pectin

for the pistachio mousse:

160 g milk
20 g de pistachio paste (I used this one)
2 egg yolks
30 g granulated sugar
5 g gelatin
160 g heavy cream, lightly whipped

for the caramel mousse:

5 g gelatine
25 ml water
75 g sugar
26 g glucose or corn syrup
35 ml water
1/8 tsp salt
100 g + 190 g heavy cream
1 egg yolk

for the mirror glaze:

15 g gelatin
55 g water
150 g glucose
150 g granulated sugar
75 g water
150 g white chocolate
100 g condensed milk
1/4 tsp titanium oxide
brown and caramel gel food color

Make the sable cookie. Mix the flour, powdered sugar, ground almonds and salt. Add the cold butter, cut into cubes and work the mixture with your fingertips until it forms small crumbs. Add a lightly beaten yolk and almost the full tablespoon of ice water. Mix quickly until the dough is homogeneous. If needed, add the rest of the water. Form a flattened ball, wrap in plastic film and take to refrigerator for at least 30 minutes. Then roll out the dough between two sheets of parchment forming a circle, and cut it with a cake ring the exact size of the mold you will use to form the dessert (aim for a circle of about 18 cm). Refrigerate the dough for several hours before baking in a 400 F oven until golden. Cookie base can be made a couple of days in advance.

Make the pistachio mousse: bloom the gelatin in very cold water. In a bowl, add the yolk, the pistachio paste and the sugar. Stir well until you get a fluffy cream. In a pan, bring the milk to medium heat. When the temperature reaches about 160 F, remove the pan from the heat and pour, slowly, over the yolk mixture, stirring all the time. Return this whole mixture to the pan over medium heat, stirring constantly until the mixture thickens slightly (about 180 F). Remove from heat and pass through a sieve. Add the bloomed gelatin, and stir well. Let it cool to about 113 F and carefully add the whipped cream. Fold gently.

Make the apple-yuzu insert. Peel and dice the apples into 5 mm cubes. Combine the sugar and pectin in a small bowl and transfer to a saucepan. Add the yuzu or lemon juice to the saucepan and mix everything together. Turn the heat on to medium, add the apples and the vanilla. Cook very very gently with the lid on for 10 to 15 minutes or until the apples get translucent and start to melt down a bit. You will need to stir it often, so that the fruit does not burn at the bottom. Make sure the flame is really low for the whole cooking time. Freeze inside the mold you will use to assemble the dessert (you will un-mold it and save it for later). The apple compote needs to be made two full days before

you need to assemble the dessert, as it needs to be frozen solid.

Make the caramel mousse. In a small bowl, mix gelatine and water (25 ml) together and leave for 5 to 10 minutes to bloom. Meanwhile, in a sauce pan, mix together sugar, glucose (or corn syrup), water (35 ml) and salt. Cook on medium high heat until you achieve a caramel syrup with deep amber color. Do not allow it to smoke or burn. Meanwhile, in another sauce pan, slightly the heat the 100 grams heavy cream, so when the caramel is ready you can pour the cream right away. Carefully pour it in and mix well until fully combined. In another bowl, whisk the egg yolk. Then add a third of the caramel to the beaten yolk and whisk quickly together to temper. Pour the mixture back into the caramel and stir well to combine. Continue stirring until it reaches 180-182 °F. While still hot, add the bloomed gelatin, and mix into the caramel cream. Pass the cream through a fine mesh strainer, and set it aside to cool to 113 F. When cooled, whisk the remaining heavy cream (190 g) into a stable, yet soft consistency (like yogurt). Then fold it in two additions into the caramel cream, until well combined.

Assemble the dessert. At the bottom of the Universo mold or cake ring wrapped in plastic film, pour the pistachio mousse. Place the frozen yuzu-apple insert in the center, pressing it lightly. The mousse will cover the insert, but not fill the mold completely. Place the mold in the freezer and proceed to make the second mousse. Pour the caramel mousse in the mold covering it almost to the top, and carefully close it all with the sable cookie. Make sure it is all well-leveled. Freeze overnight. Un-mold the dessert right before glazing.

Make the mirror glaze. Bloom the gelatin by mixing it with 55 ml water in a small bowl. Reserve. In a small sauce pan, combine the second amount of water with sugar and glucose, bring to a boil, making sure sugar is fully dissolved. Place the white chocolate cut in small pieces in a large bowl. Pour the boiling sugar-glucose mixture over it, stir to combine, add the condensed milk and emulsify it all very well with an immersion blender. Add the titanium oxide. Divide the glaze in three amounts, leave one white. Color the other two with dark brown gel color and caramel gel color, respectively. Mix each one completely (preferably with immersion blender), but avoid incorporating any air in the mixture. Pass the mixtures through a sieve to burst any bubbles. When the temperature cools to about 96 F pour the three colors together in a single container, a little bit of each, alternating the colors. Glaze the frozen cake forming any type of pattern you like. Keep the cake in the fridge for a couple of hours before serving. Use a knife with a hot blade for better slicing.

