



## Blueberry Ice Cream, Thyme Meringue, Lemon

### Brûlée Tart and Blueberry Compote

Yield: 8 Dessert Portions

#### Blueberry Compote

Ingredient	Amount
Fresh blueberries	2 C
Sugar	1 C
Water	1/2 C
Corn syrup	1 TBSP
Lemon zest	1 Ea

#### Grapefruit Rinds

Grapefruit	1 Ea
Sugar	2 C
Water	1 C
Superfine sugar, for dusting	As needed

#### Honey Tuile Cookies

Unsalted butter	4 oz
Honey	1/4 C
Flour, all purpose	1 C
Sugar, 10X	1 C
Egg whites	1/4 C

#### Tart Crust

Unsalted butter	8 oz
Sugar, 10X	3/4 C
Flour, all purpose	2 C
Salt	1 tsp

#### Lemon Tart Filling

Superfine sugar	8 oz
Lemon juice	1/2 C
Heavy cream	1/2 C
Eggs	4 ea
Lemon zest	1 tsp

#### Thyme Meringue

Egg whites	1/2 C
Sugar	1/4 C
Sugar	1/2 C
Sliced almonds	1/4 C
Sugar, 10X	1/2 C
Fresh thyme, chopped	1 tsp

#### Additional Ingredients

Blueberry ice cream	As needed
Fresh mint	As needed
Orange segments	As needed
Blueberries	As needed
Grapefruit segments	As needed

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### **Blueberry Compote**

1. Combine all ingredients and bring to a simmer, stirring to dissolve the sugar.
2. Simmer for 5 minutes and remove from heat. Transfer to heat proof container, cover and chill.

### **Candied Grapefruit Rinds**

1. Peel the grapefruit keeping the rind in large pieces.
2. Cut the rinds into 1/4" x 1 1/2" pieces.
3. Combine the sugar, water and grapefruit rinds and bring to a simmer.
4. Simmer for 30–45 minutes until rinds are translucent and no longer bitter.
5. Remove rinds and let air dry for 2 hours. Toss in superfine sugar and store in airtight container.

### **Honey Tuile Cookies**

1. Cream the butter and honey for 5 minutes.
2. Add remaining ingredients and beat until smooth. Transfer batter to container.
3. Make stencils made from plastic fish tub lids and cut to desired shape.
4. Using an off set spatula, scrape tuile batter over stencil onto a silicone baking sheet. Repeat until desired number of tuiles are made.
5. Bake tuiles at 300F until light golden brown. While still warm, shape to desired forms and hold until rigid, a few seconds. Continue to reheat and form until all tuiles are shaped.
6. Store tuiles in airtight containers until ready to use.

### **Tart Crust**

1. Cream the butter and sugar for 5 minutes until smooth.
2. Add the flour and salt and mix until combined. Chill dough at least 2 hours.
3. Roll or form dough into desired tart forms and par bake at 325F until set. Reserve.

### **Lemon Tart Filling**

1. Combine all ingredients and mix well.
2. Pour into prepared tart shells and bake at 300F until just set.
3. Chill tarts overnight and remove from forms the next day.

### **Thyme Meringues**

1. Combine the 1/2 cup of sugar and almonds in food processor and pulse until the almonds are chopped fine. Reserve.
2. Whip the egg whites to soft peaks.
3. Add the 1/4 cup of sugar in a steady stream and continue whipping to stiff peaks.
4. Fold the almond/sugar mixture and 10x sugar and thyme into meringue. Mix well.
5. Pipe onto silicone baking sheet and bake for 1 1/2 hours at 225F or until meringues are cooked through and firm.
6. Store meringues in airtight container.

### **To Serve**

1. Sprinkle superfine sugar on lemon tart and brulee with torch.
2. Scoop blueberry ice cream onto thyme meringues.
3. Spoon blueberry compote into tuile cookie.
4. Arrange all components on long plate. Garnish with blueberries, orange segments, grapefruit segments, candied grapefruit, mint and tuiles.