



Coconut Bavarois with Lychees and Blueberries

This dish was devised by Sydney International Wine Competition Chef Jacqueline Mason to accompany the 2011 second-phase tasting in Category 12 (Dessert Wines, Unfortified).

INGREDIENTS (For six serves)

90g caster sugar
4 egg yolks
90g shredded coconut
3 gelatine leaves
1 cup milk
1 cup coconut cream
300ml thick cream
Blueberries
Lychees

METHOD

1. Stir the coconut in a dry fry pan over medium-low heat for two minutes until lightly toasted.
2. Transfer coconut into a saucepan with coconut cream and milk over medium heat.
3. Bring to the boil. Immediately remove from the heat and set aside for 30 minutes to infuse.
4. Whisk sugar and egg yolks in a bowl.
5. Strain the infused milk through a fine sieve into the bowl, pressing down well.
6. Discard the shredded coconut.
7. Whisk to combine, then return the mixture to a clean saucepan over low heat.
8. Keep stirring for a few minutes until you have a custard thick enough to coat the back of a spoon.
9. Soak gelatine leaves in cold water for five minutes.
10. Squeeze excess water from gelatine.
11. Add gelatine to the custard and stir to dissolve.
12. Remove custard from the heat and transfer to a bowl. Cover and refrigerate until cool — but not set — stirring from time to time.
13. Lightly whip the thick cream then fold into the cooled custard.
14. Pour custard into six one-cup serving glasses and chill for at least six hours until set.

TO SERVE

Place the glasses of custard in the middle of each plate.

Decorate with lychees and blueberries.

Serve immediately.

NOTE: A PDF file of this recipe, and a high-resolution image of the dish, can be downloaded from WineMedia's website (www.winemedia.com.au).