

# RECIPE



RECIPE TITLE

## Simple cinnamon parfait

FROM THE FEATURE

Crystal

CONTRIBUTOR

Kochkarussel  
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## INGREDIENTS

4 egg yolks

100 g sugar

50 g vanilla sugar

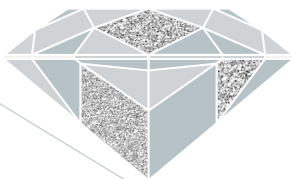
100 ml apple juice

3 tb cinnamon

400 g cream

## STEPS

1. Mix egg yolks, sugar, vanilla sugar and apple juice in a big metal bowl.
2. Whip the yolk mix with a whisk or a hand blender over the water bath until it is creamy and thick. Make sure that the water doesn't boil briskly so the mixture doesn't curdle.
3. Whip the cream in ice water. Mix in the cinnamon. Whip the cream until stiff and fold it in.
4. Cut open a freezer bag and put it into a loaf pan. This way, the parfait can easier be taken out of the pan later.
5. Put the mixture into the prepared pan and smooth it. Bump the pan on the work surface to release the air bubbles.
6. Store it in a cool place for at least 12 hours.
7. Take the parfait out of the freezer 15 minutes before serving. Take it out of the pan, remove the cling film. Turn it onto a plate and serve it.



# RECIPE



RECIPE TITLE

## Caramel parfait with thick pieces of caramel and sea salt

FROM THE FEATURE

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## INGREDIENTS

4 egg yolks

120 ml caramel sauce

80 g butterscotch (e.g. MuhMuhs)

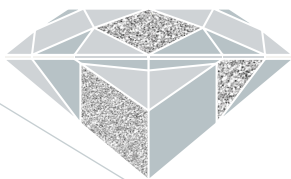
1/4 tb sea salt

400 g cream

## STEPS

1. Mix egg yolks and caramel sauce in a big metal bowl.
2. Whip the yolk mix with a whisk or a hand blender over the water bath until it is creamy and thick. Make sure that the water doesn't boil briskly so the mixture doesn't curdle.
3. Whip the cream in ice water. Chop the butterscotch. Mix in sea salt and butterscotch.
4. Whip the cream until stiff and fold it in.
5. Cut open a freezer bag and put it into a loaf pan. This way, the parfait can easier be taken out of the pan later.
6. Put the mixture into the prepared pan and smooth it. Bump the pan on the work surface to release the air bubbles.
7. Store it in a cool place for at least 12 hours.
8. Take the parfait out of the freezer 15 minutes before serving. Take it out of the pan, remove the cling film. Turn it onto a plate and serve it.

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## RECIPE



RECIPE TITLE

### Poppy seed parfait with raspberry sauce

FROM THE FEATURE

Crystal

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### INGREDIENTS

4 egg yolks

100 g sugar

100 ml apple juice

4 tb poppy seeds

Pulp of a vanilla pod

400 g cream

200 g raspberries, fresh or  
deep-frozen

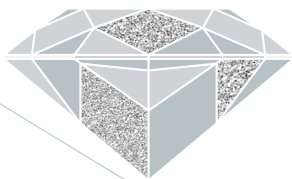
### STEPS

1. Mix egg yolks, sugar and apple juice in a big metal bowl.
2. Whip the yolk mix with a whisk or a hand blender over the water bath until it is creamy and thick. Make sure that the water doesn't boil briskly so the mixture doesn't curdle.
3. Whip the cream in ice water. Mix in the poppy seeds and the pulp of the vanilla pod.
4. Whip the cream until stiff and fold it in.
5. Cut open a freezer bag and put it into a loaf pan. This way, the parfait can easier be taken out of the pan later.
6. Put the mixture into the prepared pan and smooth it. Bump the pan on the work surface to release the air bubbles.
7. Store it in a cool place for at least 12 hours.



CONT.

8. Take the parfait out of the freezer 15 minutes before serving and let it thaw a little.
9. Put the raspberries in a pot and simmer it. Squash it with a spoon, sweeten it with sugar, depending on your taste.
10. Take the parfait out of the pan, remove the cling film. Turn it onto a plate and serve it with the raspberries.



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## RECIPE



RECIPE TITLE

**Chocolate peanut parfait**

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### INGREDIENTS

4 egg yolks

100 g sugar

200 g dark coating

60 g salted peanuts

400 g cream

### STEPS

1. Mix egg yolks and sugar in a big metal bowl.
2. Whip the yolk mix with a whisk or a hand blender over the water bath until it is creamy and thick. Make sure that the water doesn't boil briskly – beware of curdling.
3. Whip the cream in ice water.
4. Melt the coating over the water bath. Fold it in the cream and mix it well.
5. Whip the cream until stiff and fold it in. Fold in the peanuts.
6. Cut open a freezer bag and put it into a loaf pan. This way, the parfait can easier be taken out of the pan later.
7. Put the mixture into the prepared pan and smooth it. Bump the pan on the work surface to release the air bubbles.



CONT.

8. Store it in a cool place for at least 12 hours.
9. Take the parfait out of the freezer 15 minutes before serving. Take it out of the pan, remove the cling film. Turn it onto a plate and serve it.