



recipe

“Mel da Herdade”, Cintia Koerper

HONEY MOUSSE

Ingredients

140 gr whole milk
48 gr Herdade da Malhadinha Nova honey
2 gr brown sugar
40 gr egg yolks
180 gr of double cream
6 gr gelatine

Preparation method

Add the milk and honey and bring to the boil over a low heat. Add the egg yolks and sugar, which have already been mixed, and bring to 85°C. Add the hydrated gelatine, strain through a chinois and leave to cool to 35°C. Whip the cream and mix everything together. Fill into hive moulds and freeze.

EUCALYPTUS GEL

Ingredients

100 gr water
50 gr eucalyptus
20 gr honey
1 gr agar

Preparation method

Bring to the boil, boil for 3 minutes and strain through a chinois. Place in the fridge and blend with a hand blender until it has the consistency of a gel.

SMOKED EUCALYPTUS PINE NUTS

Ingredients

100 gr pine nuts
Dried eucalyptus leaves
50 gr of honey

Preparation method

Place the dried eucalyptus leaves in a tray, using a tray with holes and the pine nuts to this. Use a blowtorch to burn the eucalyptus and cover with a lid. When the eucalyptus leaves are no longer burning, place the tray with the pine nuts in it and cover it. Set aside for a few hours. Toast the eucalyptus leaves in a pan and gradually add the honey until it caramelizes, stirring the pan constantly. Spread out on a silpat baking tray and leave to cool.

SPONGE CAKE

Ingredients

278 gr eggs
250 gr sugar
150 gr whole milk
375 gr flour 55
20 gr yeast
300 gr butter

Preparation method

Beat the eggs and sugar until smooth. Sift the flour and yeast together with the eggs, add the milk and butter and spread out on baking trays lined with greaseproof paper and bake at 180 degrees for 10 minutes, cut with a round ring, the same diameter as the honey mousse.

HONEY ICE CREAM

Ingredients

1 litre of milk
300 gr double cream
70 gr egg yolks
200 ml honey
150 gr prosorbet

Preparation method

Heat the milk and cream. Set aside. Beat the egg yolks and honey. Add the milk. Heat over a low heat until it reaches 80°C. Remove from the heat and add the prosorbet. Set aside overnight and churn in an ice-cream maker.

ASSEMBLY AND FINISHING

Place a rimmed disc of sponge cake on a flat plate. Place the honey mousse on top of the sponge and fill the hollows of the mouse mould with eucalyptus gel. Sprinkle with the smoked pine nuts, place a dollop of honey ice cream over the pine nuts and finish with honey.

Enjoy!

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MALHADINHA
NOVA

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