

Orange torte with caramelised fennel

Cuisine: **English**
Food category: **Desserts**



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Program steps


Preheating:

80 °C


1



Steaming




Termination by time




00:20

hh:mm




99

°C




80

%




2

Remove the fennel and allow to drip, spread the fennel in a GN container




Hot air




70

%




Termination by time




00:10

hh:mm




120

°C




90

%




3

Take the fennel out and put rolled dough in a GN container




Hot air




100

%




Termination by time




00:20

hh:mm




170

°C




100

%




4

Remove th coins and baking paper




Hot air




100

%




Termination by time




00:07

hh:mm




170

°C




100

%




5

pour in the filling




Hot air




100

%




Termination by time




00:10

hh:mm




120

°C



100

%



Ingredients - number of portions - 8		
Name	Value	Unit
ready-made shortcrust pastry	700	g
orange juice	4	pcs
double cream	300	ml
powdered sugar	100	g
egg yolk	35	g
chicken eggs	450	g
fennel bulb	1	kg
caster sugar	200	g
water	200	ml
demerara sugar	50	g

Nutrition and allergens

Allergens: 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Directions

*clean copper coin 1kg

1. In a saucepan on medium-low heat, melt the granulated sugar in 200ml water and reduce to a syrup.
2. Chill.
3. Set the oven on steam at 75°C.
4. Pack the fennel and syrup in a sous-vide bag.
5. Steam for 20 minutes or until the fennel softens.
6. Remove the fennel and allow to drip.
7. Set the oven on dry heat at 120°C.
8. Spread out the fennel in an ovenproof GN dish and bake for 10 minutes.
9. Set the oven on dry heat at 170°C.
10. Roll out the dough and line onto an ovenproof greased GN dish.
11. Cover the dough with damp baking paper.
12. Transfer the coins into the dish and spread them out so that all the baking paper is covered.

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	645.5 kJ
Carbohydrate	80.9 g
Fat	26.1 g
Protein	15.6 g
Water	0 g

13. Bake for 20 minutes or until the dough hardens.

14. Remove the coins and baking paper and bake for another 7 minutes.


15. Meanwhile, prepare the filling by whisking the cream, caster sugar, 35g egg yolk and egg mix in a baine marie or on very low heat.

16. When the sweet crust base is almost ready, lower the oven heat to 120°C.


17. While the base is still hot, pour in the filling and carry on baking for another 10 minutes or until the filling has cooked to a smooth texture, before it scrambles.

18. Line the top of the torte with the sliced thinly lengthwise fennel, dust over the Demerera sugar and caramelize with a blowtorch before serving.

Recommended accessories



Enameled GN container



Stainless wire shelving