

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

- In a saucepan on medium-low heat, melt the granulated sugar in 200ml water and reduce to a syrup.
- Chill.
- Set the oven on steam at 75°C.
- Pack the fennel and syrup in a sous-vide bag.
- Steam for 20 minutes or until the fennel softens.
- Remove the fennel and allow to drip.
- Set the oven on dry heat at 120°C.
- Spread out the fennel in an ovenproof GN dish and bake for 10 minutes.
- Set the oven on dry heat at 170°C.
- Roll out the dough and line onto an ovenproof greased GN dish.
- Cover the dough with damp baking paper.
- 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