

Emirates Vegan Pistachio & Raspberry Fool (serves 10 in individual Martini glasses)

Ingredients

Vegan pistachio sponge

- 337g caster sugar or white sugar
- 135g vegetable oil
- 315g water
- 315g flour
- 7g baking soda.
- 45g apple cider vinegar
- 5g vanilla extract
- 40g pistachio powder
- 40g pistachio paste

Pistachio crunch

- 450g roasted chopped pistachios.
- 400g white chocolate
- 50g pistachio paste

Raspberry gel

- 1000g raspberry puree
- 200g sugar
- 12g Agar Agar

Pistachio Mousse

- 250g pistachio paste
- 720g vegan white chocolate
- 800g Flora cream
- 20g Agar Agar
- 1000g Flora whipped cream.

Method

Vegan pistachio sponge

1. Preheat oven to 180*c
2. Mix sugar, flour, baking soda and pistachio powder into a mixing bowl and combine.
3. Add all liquids, oil, water, vanilla and pistachio paste.
4. Whisk until batter is smooth.
5. Add vinegar and mix quickly, until fully mixed.
6. Place mixture on a greased baking tray (40cm x 30cm) and bake for 20-25 minutes or until cooked.
7. When cooked, remove from oven and let stand for 5 minutes, turn out on a cake cooling rack and cool before use. Cut 10 x 8cm and 10 x 4cm sponge discs using pastry cutters

Pistachio Crunch

1. Melt chocolate and pistachio paste until tempered, add chopped pistachio
2. Spread evenly on grease proof paper around 2mm in thickness
3. Allow to set and cool before use

Raspberry gel

1. Boil the raspberry puree in a saucepan and add the sugar, agar agar
2. Ensure its boiling and whisk until thickened.
3. Pour 50ml of hot puree into 10 individual Martini Glasses and allow to cool and set.

Vegan pistachio mousse

1. In a heavy based saucepan, bring the 800ml cream to the boil, and pour it over the white chocolate and pistachio paste to form ganache.
2. Add Agar Agar to hot ganache and mix well (note the ganache must be at least 93°C or hotter before adding the Agar).
3. Tip: if ganache cools too quickly, heat it in a microwave before adding Agar Agar.
4. Whip 1000ml cream to soft peaks and keep cold.
5. After Agar is added to ganache, allow to cool to 80°C, add 50% of whipped cream to ganache and temper, add remainder of cream to form mousse (it is important to work quickly at this point).

Plating

1. In 10 Martini glasses, add 50ml of Raspberry gel and allow to set, then add the 4cm sponge discs.
2. Smash the pistachio crunch on top of sponge, add mousse and top with 8cm sponge, add more crunch. Place in fridge to set.
3. Blend Raspberry gel until smooth, pipe on top of the discs and serve with fresh raspberries and gold leaf (optional).