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Lemon Shaped Dessert

Yuzu mousse, Poached Meyer Lemon, Citron Caviar & Mint Marmalade, Chocolate Shell.



Lemon Shaped Dessert Recipe.

This recipe is inspired by Cedric Grolet, a French luxury patissier from the Meurice (Alain Ducasse) Palace in Paris.

Makes 12 Lemons / Make 3 days ahead.

This dessert is first glazed with a thin cocoa butter-white chocolate coating, then air sprayed with the same coating to create a velvet effect and sprayed again with hot neutral or apricot glaze to resemble citrus fruit skin, then it is lightly pigmented with a Kirsch and gold powder solution.

Poached Meyer Lemon (semi-confit lemon)

1 lb. (450g) Meyer lemon (weigh lemon once prepared)
2 lb. (900g) sugar
2 lb. (900g) water.

Method

Remove stems and cut each lemon into 8 wedges. Trim wedges and remove and discard any excess membranes and seeds as well.

In order to remove its bitterness, lemons need to be blanched; place lemon wedges in a saucepan and cover with cold water, bring to boil and drain. Repeat this step twice. Cover the blanched lemon wedges with the sugar and water. Bring to boil and cook very slowly for 4 to 5 hours at 195°F (85/90°C). Once poached through, drain the lemons. Lemon wedges can also be poached using the sous-vide method at 160°F (70°C).

Save up syrup and cook it to 218°F (103°C) – Let cool and pour over the poached lemons to cover. Wrap up and store in the refrigerator for months.

Lemon Marmalade Inserts

*Lemon Jelly

0.7 cup (180g) lemon juice
1/3 cup (80g) water
1/4 cup (50g) sugar
10 grams agar-agar.

Inserts

7 ounces (220g) poached Meyer lemons, cut into cubes
2 ounces (60g) finger lime (lemon caviar), seeds removed
1.5 ounces (45g) lemon supremes ≈ 2 or 3 lemons
6 grams fresh mint, minced.

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Method

For the lemon jelly, heat up lemon juice and water. Mix together the sugar and agar-agar and sprinkle over the hot liquid whisking swiftly, bring to boil and cook 2 min. Remove from the heat; chill completely. Meanwhile, cut out finger limes crosswise in order to squeeze out its caviar, remove some of the larger seeds and set aside. Cube the poached lemon wedges, remove supreme (flesh only) from 2 or 3 lemons, chopped roughly and set aside. For the marmalade, smooth out the chilled lemon jelly using an immersion blender giving just a couple of pulses. Fold in the cubed poached lemons, lemon supreme, finger lime, and mint. Scoop out and fill the mini demi-sphere silicone mold (1Tbsp/15g) and freeze completely. Unmold and seal them by two forming one ounce (30g) inserts; keep frozen.

Yuzu Mousse / Ganache Montée

1 pint (480g) heavy cream /divide in two equal portions
3 grams gelatin sheet
4.7 ounces (140g) white chocolat
1/2 cup (120g) yuzu*



*About the size of a tangerine, yuzu is mainly cultivated in Japan, Korea, and China. It's incredibly fragrant just like lemon or lime juice. It adds acidity and freshness to mousse, dressing and so on.

Method

Soak gelatin sheet in cold water for about 5 minutes or until softened; drain and set aside. Meanwhile, boil half of the heavy cream, add white chocolate and the soften gelatin and blend. Add the remaining and chilled heavy cream; blend. Add yuzu juice and give a good emulsion and refrigerate for 12 hours. With the whisk attachment, beat chilled yuzu ganache until soft peaks and pipe out.

Lemon Shaped Dessert Assembly / Use Lemon Shape Silicone Molds.

Fill half way through each cavity of the first half lemon shape mold with the yuzu mousse. Place a frozen lemon marmalade insert in the center of each half lemon mold. Close off on all sides with the lemon shape mold top. Insert the tip of the pastry bag inside the little aperture and rotate the tray while filling up each cavity to ensure there will be no gaps left around the lemon marmalade sphere and the seam. Freeze for 12 hours or until it has completely hardened. Flip mold (top side down), unmold and scrape off any excess mousse that may come out from the seam, smooth out and freeze. Lemon cakes can be kept frozen for up to 3 months.

Marzipan Coins: Roll out some marzipan into a 3 mm thick sheet and cut out 12 ≈ 1.2 inch (3cm) diameter; set aside.

White Chocolate Coating Glaze (Enrobage & Flocage)

10 ounce (300g) white chocolate couverture

10 ounce (300g) cocoa butter.

1/2 tsp (4g) liposoluble yellow powder food coloring.

Melt cocoa butter first and mix in white chocolate and blend. Add food coloring and blend; pass through a sieve lined with cheesecloth.



How To Glaze and Air Spray The Lemon Shaped Dessert

Protect counter tops and trays with plastic wrap. Use carton boards to create a screen while gun spraying the items. The needle and nozzle of the gun must be in perfect condition, cleaned and dried. The use of a hair-dryer can be useful to keep the nozzle and cup in working condition especially during cooler temp. To minimize risks, fill the paint cup (less than half way through) right before using it. If you have the space, the 12 lemon cakes can be air sprayed and finished all at once.

1) **Chocolate Shell:** Warm up the yellow colored white chocolate coating glaze to 77°F (25/28°C) – pass through a sieve lined with cheesecloth. Keep warm. Insert a short bamboo skewer inside a hard frozen lemon cake; wear gloves.

Carefully, immerse into the yellow colored white chocolate coating glaze, pull and rotate the fruit to allow the coating to spread more evenly and set faster. Once set, remove the bamboo skewer, flip and place the glazed lemon cake on a marzipan coin.

2) **Velvet Effect:** Immediately, air spray lemons with the same chocolate coating and at the same temperature. If condensation appears on the surface of the first coating, spray air first only to eliminate any moisture left, then spray the chocolate coating.

3) **Citrus Skin Effect:** Use professional neutral glaze diluted with some water ≈ 20% or apricot glaze. Heat up without boiling the glaze; it should have a syrupy consistency. Pass through a cheesecloth and fill the paint cup. Air spray evenly hot glaze on the velveted lemons; this technique smoothes out the just created velvet effect resembling now to citrus skin!.

4) **Citrus Skin Pigmentation Enhancer (optional):** Mix and pass through a sieve lined with cheesecloth 1.2 Tbsp (20g) Kirsch with 1 tsp (5g) edible gold powder. Carefully, air spray softly positioning the gun at 15 inch (≈40cm) away from the lemon ends.

Stem & Leaf: Warm up a pairing knife tip in hot water and slightly melt one end of the finished lemon cake. Insert the lemon stem sealing it immediately using an upside down air duster.

Place the finished lemon shaped desserts in the refrigerator overnight to thaw allowing thus, the surface of the 'lemon skin' to dry out. Lemon cakes can be kept refrigerated for up to 3 days. Enjoy!