

Fruit spring rolls with a cardamom chocolate sauce - Virtual Workshop Version

Recipe for 2

Description

Rice paper with sesame seeds, lots of fruits, a cardamom syrup and a chocolate ganache.

Note

You can use any type of fruits that you want !

Ingredients

Spring rolls

- 4 Unit(s) Rice paper
- 6 Unit(s) Strawberry
- 1 Unit(s) Banana
- 0.50 Cup(s) Arugula salad
- 12 Leaf(ves) Mint
- 2 Slice(s) Candied ginger
- 5 Tbsp Sesame seeds

Chocolate Ganache

- 0.50 Cup(s) 35% cooking cream
- 0.67 Cup(s) Dark chocolate
- 1.50 Tbsp Butter

Cardamom chocolate sauce

- 0.67 Cup(s) Water
- 0.33 Cup(s) Sugar
- 1.50 Tbsp Cocoa powder
- 5 Unit(s) Cardamom seeds

Preparation

- Preparation time **25 mins**

To prepare BEFORE the class

Ingredients to prepare

Finely cut your confied ginger, fine strips.

Mesure all of your ingredients.

Material

- 1 large bowl, big enough to fit your rice papers
- 2 clean rags
- 1 mixing bowl, 1 cooking pot and 1 wooden spoon
- 1 cutting board and 1 knife

Chocolate ganache

Boil your cream with the corn syrup, the pour it onto your chocolate, in a bowl. Finish by adding the

tempered butter. Let set in fridge for 1 hour.

Chocolate sauce

Squish the cardamom pods, add them in a cooking pot with all the other ingredients. Bring everything to a boil for 2-3 minutes. Let the sauce infuse, then pass through a sieve before serving. You can serve it cold or hot.

Rolls

Dip your rice papers in a bowl of lukewarm water for 10 seconds, then lay it on a clean dry rag. Sprinkle some of the sesame seeds on the paper, continue with some arugula and mint leaves, then follow with your cut fruit, gently cut in the middle. With a piping bag or a spoon, add your chocolate ganache on top of the fruit. To close it, fold in the sides to the center, the base closest to you folded over the middle also, then finish by naturally rolling and gently squeezing it.

Bon appétit!