

RECIPES – DESSERT

DECONSTRUCTED BLACK FOREST GATEAUX

4 LEVEL 4/PUREED **5** LEVEL 5/MINCED & MOIST **6** LEVEL 6/SOFT & BITE SIZED

Ingredients:

60g chocolate sponge with no bits in (no chocolate pieces/nuts)

1/2 pint of black cherry jelly

210g black cherry pie filling sieved/blended

1 scoop Resource® Thicken up™ Clear

5g cocoa powder sieved

15g icing sugar sieved

½ teaspoon vanilla extract

100 ml double cream



Instructions:

1. Divide the sponge and place in the bottom of the sundae dishes
2. Pour the jelly into the sundae dishes to about ¾ up the dish. The jelly should completely cover the sponge level. It should be the same level (soaking solution) otherwise the jelly would turn to water in the mouth
3. With a teaspoon just break the sponge up into the jelly so there are no lumps in the base
4. Allow to set in the fridge for about 1 hour
5. Put the sieved cherry pie filling into a bowl and add the 1 scoop of Resource® Thicken up™ clear and mix in until dissolved. Check against the IDDSI Framework for a Level 4/Purée texture ensuring the purée is smooth with no lumps (see page 13)
6. Place the cherry mix on top of the set jelly bases
7. Place the cream, vanilla extract, sieved icing sugar and cocoa, into a bowl and stir slowly at first to dissolve all the ingredients then whisk until thick. Using a piping bag, pipe the cream on top of the cherry mix