



In The Kitchen



SUGAR CUBE & PIEL DE SAPO MELONS WITH CAVA SABAYON

HOSTED BY

Chef de Cuisine Jason Davis of Helen

SHOPPING LIST

1 sugar cube melon
1 piel de saapo melon
½ cup toasted pepitas tossed in tajin
2 tbsp Saba
2 tbsp extra virgin olive oil
1 bunch cilantro
1 lime to zest
1 tbsp pink peppercorn
2 tbsp Malden (sea salt)

CAVA SABAYON

5 egg yolks
32.5 grams (2 ½ tbsp) sugar
10 cl (3 ½ oz) champagne
½ sheet gelatin

DIRECTIONS

First, separate the yolks from the egg whites. Lightly whisk the yolks and then pour in the sugar. Once this mixture is homogeneous, add the champagne, mix again. Pour the mixture into a saucepan and start cooking the sabayon over low heat, the technique is to put your hand on the side of the pan and when you feel the heat is too intense, remove from heat while continuing to whisk. It will be cooked when your sabayon makes a ribbon when you take the whisk out of the pan - around 84*/85°C

When it's done, add the gelatin and stir. Pour the sabayon into the siphon and then gas with two cartridges. Let it rest in the fridge then use it.

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