



This is how the 'Perla Canaria' by chef Fabián Maldonado is made

ABOUT THIS RECIPE

The dessert that Fabián Maldonado puts in front of us today is a sugar crystal sphere, inspired and stuffed with sweet aromas and flavours that come from different municipalities around Gran Canaria. In a single dessert, our chef delights our palates with Arucas rum honey jellies, with a gofio whip from Santa Brígida, Prince Albert cream, bienmesabe from Tejeda and coffee sorbet from Agaete.

INGREDIENTS

(18 servings)

Príncipe Alberto chocolate mousse

300 gr dark chocolate

200 gr egg white

100 gr egg yolk

120 gr sugar

60 gr almonds from Tejeda

60 gr hazelnuts

Gofio whip

150 gr cream

150 gr milk

120 gr gofio from Santa Brígida

80 gr brown sugar

Honey rum jellies

125 cl Honey rum from Arucas

3 slices of jelly

Coffee sorbet

100 ml expresso coffee

xanthan gum

2 gr de sucro emul

20 gr brown sugar



Sphere

20 gr de isomalt sugar

Dried flowers

PREPARATION

Príncipe Alberto chocolate mousse

Warm up the chocolate, whisk up the egg yolks, and lastly the egg whites into fluffy points. Add the yolks to the hot chocolate, followed by the whites. Finally add in the crushed almonds and hazelnuts. Store this mousse in a pastry bag.

Gofio whip

Heat up the milk together with the gofio and brown sugar, dissolving it all in until it is free of any lumps. Add the mix to the sieve and then add the whipped cream to the sieve in two loads, to obtain a fully fluffy whip. Store.

Chef Fabián Maldonado

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Honey rum jellies

Heat up and simmer honey rum. Add the previously hydrated jelly slices. Once dissolved, remove the mix from the heat and allow to cool in the fridge for an hour until it sets. Cut up the jelly into small ½ cm chunks.

Coffee Sorbet

Prepare the 100ml of Agaete espresso coffee. Add the sugar, the xanthan gum and the sucro emul. Place the mixture in the fridge for 4 hours. If you don't have time, you can put the mixture through a sorbet maker to obtain the sorbet more quickly.

Isomalt sugar sphere with the air blowing pump

Start by kneading the isomalt sugar up to a temperature of 110 degrees with the help of a silpack silicone sheet. Once the optimum kneading temperature has been reached, the point of the air blowing pump is heated and is covered with the ball of isomalt sugar to form a small globe.

At this point air is pushed into it to obtain the desired size and shape. Work on the sphere carefully so it becomes as round as possible. Move the ball near to a ventilator, to help cool it down quickly and keep its shape. Once this is done, use a sharp knife to make a fine slit and separate the sphere



from the air blowing pump.

PREPARATION

Place the sugar sphere with the hole facing upwards. Add the flowers and the jelly chunks on the bottom. Continue with the gofio whip, a small spoon of bienmesabe, the coffee sorbet, and finish with the Príncipe Alberto chocolate mousse.

Turn the sphere upside down onto a plate.