



**This is how the 'Gran Canaria Fruit and Vegetable' dessert,  
by chef Norberto Estupiñán, is made**

***INGREDIENTS AND COOKING METHOD***

**Telde orange jelly**

*1 litre orange juice*

*8 gelatine slices*

**Procedure**

Heat up a part of the orange juice and then add the gelatine which should have been hydrated previously in cold water for 30 minutes.

**Gáldar pineapple slices**

Cut up some slender slices of pineapple with an electric slicer.

In a metal mould, place the fine slices of pineapple, grated orange and ginger in between layers. Put in some brown sugar and mount in layers to a thickness of one and a half centimetres. Pour honey rum over it and bake for 30 minutes at 160 degrees. When retrieving from the oven, press down hard on it to eliminate any remaining water, and freeze.

**Guía sweet potato ice-cream**

*600 ml milk*

*100 gr sugar*

*50 gr frozen powdered ice cream stabilizer*

*600 gr roast sweet potato*

**Procedure**

Heat up the milk, sugar and stabilizer at 80 degrees. Add the previously cooked sweet potato with the skin on, and then blend with an electrical blender. Mix thoroughly and put through the ice cream maker.

### **Teror lemon cream whip**

*320 gr eggs*  
*375 gr sugar*  
*200 ml lemon juice*  
*175 gr butter*  
*2 gr agar powder*  
*2 gelatine slices*

#### **Procedure**

Heat the eggs, sugar, lemon juice and agar until it reaches boiling point.  
Once boiling, add the previously hydrated slices of gelatine.  
When it reaches 40 degrees, add the butter and blend with the blender, then put into a suitable mould.

### **Beetroot crunch**

*200 gr de beetroot purée*  
*70 gr isomalt*  
*20 gr glucose*  
*30 gr sugar*

#### **Procedure**

Heat up the blended in beetroot together with the sugars and the glucose. Bring to the boil stirring continuously. Strain and allow to cool for 24 hours. Put out in a thin layer on a tray and dehydrate for a further 48 hours at 50 degrees.

### **Mogán mango crunch**

*200 gr mango purée*  
*35 gr isomalt*  
*15 gr glucose*  
*25 gr sugar*

#### **Procedure**

Boil the mango together with the sugars and glucose. Strain and allow to cool down for 24 hours. Place in a thin layer on a tray and dehydrate for a further 48 hours at 50 degrees.

### **Telde orange sponge**

*150 ml Salinetas orange juice*  
*125 gr egg white*  
*50 gr sugar*  
*20 gr almond powder*  
*80 gr egg yolk*  
*90 gr flour*

#### **Procedure**

Mix all the ingredients together in a blender and then strain. Place the contents into a syphon with three loads and then put the mix into a microwave and heat on maximum power for one minute.

## **SETTING UP THE DISH**

Decorate the plate with the beetroot purée.

Make a row with sponge and orange jelly together with the lemon cream whip. Place the pineapple pastry on the plate and on top of this the sweet potato ice-cream.

Decorate with caramel, the mango crunch and the beetroot together with the beetroot and coriander shoots.