

the three chimneys™



THE RESTAURANT
THE HOUSE OVER-BY

ISLE of SKYE

MATURE SCOTCH WHISKY

8

MELLOWED IN OAK FOR EIGHT YEARS

RECIPE CARD

Lemon Parfait with Puff Candy Tuiles



ISLE OF SKYE 8 YEARS OLD BLENDED SCOTCH WHISKY & LEMON PARFAIT WITH PUFF CANDY TULES

Everything can be made in advance for this dessert. The cream mixture can be frozen and served in slices as a parfait, or refrigerated and served to accompany fresh fruit as a syllabub. And the Puff Candy; the Scots love their sweets as much as their whisky and this is no exception! Serve as a garnish.

INGREDIENTS

For the parfait, or syllabub for 4-8 people

500ml fresh double cream
Zest and juice of 2 large unwaxed lemons
250g caster sugar
2 generous tbsps Isle of Skye 8 year old blended Scotch whisky

METHOD

Put the double cream, sugar, lemon juice, zest and Isle of Skye blended Scotch whisky into a large pudding basin and whisk until thick and floppy. (The mixture can be covered and refrigerated at this stage if preferred and served chilled with fresh fruit as "Whisky and Lemon Syllabub".)
Pour the cream mixture into a lined terrine mould, or a non-stick loaf tin.
The terrine or loaf tin can be dampened and lined with cling-film, or non-stick baking parchment. Cover with cling-film and freeze until ready to serve.
Turn-out the parfait on to a flat dish or board, slice with a warm knife and serve.
In the summer this dish is particularly delicious with fresh strawberries dusted with icing sugar.
In winter, serve with honey-roast figs, spiced poached plums with toasted almonds, apricots with crushed amaretto biscuits, or a zingy citrus salad with pink grapefruit segments and clementines. The puff candy is an optional extra. Homemade shortbread is also delicious to serve with this dish.

Puff Candy

80g caster sugar
1 tbsps golden syrup
2 tbsps liquid glucose
15ml water
1 rounded teasp bicarbonate of soda
Zest of ½ an unwaxed lemon
1 teasp crushed fennel seeds (optional)

Prepare a large, flat baking sheet by covering with a silicone baking mat or non-stick parchment paper.
Place the sugar, golden syrup, liquid glucose and water in a good-sized, heavy saucepan.
Bring to the boil slowly over a low heat, stirring continuously to ensure that the sugar has dissolved thoroughly.
Bring to the boil and keep on a rolling boil over a high heat until "hard-crack" setting point is reached. This is hot enough to make toffee.
If you do not have a sugar thermometer, the mixture will form a hard ball when dropped into a cup of very cold water and pressed together between finger and thumb.
Once setting temperature is reached, keep the saucepan on the heat, add the lemon zest, crushed fennel seeds and quickly incorporate through the caramel mixture.
Finally – and working quickly, but carefully – add the bicarbonate of soda, swirl through the hot caramel and immediately pour the mixture onto the prepared baking tray.
Quickly spread this thinly over the sheet with a pallet knife.
At this stage, the candy can be pulled into different shapes, or simply left to go cold and broken into shards for serving with the parfait and fresh fruit.
The puff candy can be made in advance and stored overnight in an airtight container.

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