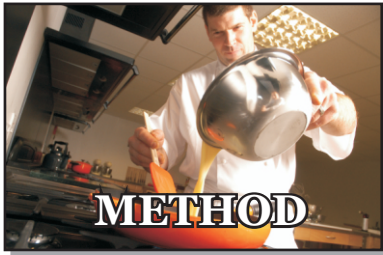


# Ice Fruit / Chocolate Parfait

300g	Caster sugar
200g	Egg yolks
1kg	Orange puree (tinned oranges pureed)
1 1/2 pts	whipping cream
1 tblespn	Cointreau
4	Egg Whites
250g	Caster Sugar
100g	Water



Put a large pan on high heat, half fill with water and bring to the boil.

In a metal bowl put sugar and yolks. Put whites into a clean container and refrigerate.

Reduce the heat on the water until gently simmering. Put the bowl with yolks and sugar over the pan and whisk until it turns pale... this is called a "sabayon", add the fruit puree and leave to cool add cointreau.

Whisk cream lightly, not to full peak, and fold into the cooled sabayon mix. Freeze into the moulds (terrine mould) for 4 - 5 hours.

Whisk egg whites in a clean bowl yo a stiff peak, in a pan put the sugar and water and boil steadily until it reaches 140 oc, then slowly pour onto the meringue and whisk until cold

Un mould the parfait and lightly cover with meringue then glaze with a blow torch, decorate with shavings.