



## Presents Cédric PERNOT

"Le Fidèle Berger" in Chambéry.



Discreet and passionate, this son of a baker decided very early on that pâtisserie was his calling and bought his own pastry shop in Chambéry. Since then he has given himself heart and soul to "Le Fidèle Berger", a pastry shop with a history! Located in a listed building, the establishment first opened its doors as a tearoom back in 1832. Since Cédric took over, he has been delighting gourmets with his inimitable style where taste is all-important, and he has total mastery of the delicate balancing act between acidity and sweetness. As well as the obligatory house specialities, Cédric Pernot adores creating new recipes throughout the year to the delight of his clients



### His recipe: **Sudachi lollipop**

#### 1. Madeleine biscuit

150 g	Butter
190 g	Flour T55
92 g	Icing sugar
2 g	Feur de sel
6 g	Baking powder
180 g	Eggs
90 g	Invert sugar
45 g	Milk

Mix the eggs with the invert sugar and then incorporate the flour, icing sugar, fleur de sel and baking powder. Add the milk and finally the butter, melted at 50°C. Bake on a silicon sheet in a ventilated oven at 220°C for 6 minutes.

#### 2. Sudachi jelly

7 g	Powdered gelatin (soaked in 35 g cold water)
200 g	Fruit'Purée Sudachi Capfruit
40 g	Sugar

Heat the Fruit'Purée Sudachi and the sugar to 30°C. Add the soaked gelatin. Transfer to 2 cm ø half-sphere molds (4 g per mold) and freeze.

#### 3. Sudachi cream

250 g	Fruit'Purée Sudachi Capfruit
170 g	Eggs
150 g	Egg yolks
145 g	Sugar
160 g	Butter

Cook the eggs, egg yolks, Fruit'Purée Sudachi and sugar as you would a pastry cream. Cool to 36°C before blending in the butter. Set aside in the fridge.

#### 4. Light mousse with lemon gests

8 g	Powdered gelatin (soaked in 40 g cold water)
152 g	Cream 35% (1)
88 g	Sugar
Zest	2 Lemons
680 g	Cream 35% (2)

Whip the cream (2). Heat the cream (1) with the zest from the 2 lemons to 80°C. Melt the soaked gelatin in the mixture and leave to cool to 70°C before adding the whipped cream. Use immediately. (See assembly).

#### 5. Sudachi glaze

600 g	Neutral glaze	Mix together all the ingredients and use at 46°C.
100 g	Fruit'Purée Sudachi Capfruit	
AD.	Apple green food coloring	

#### 6. Passion fruit & chocolate base

200 g	Sablé biscuit	Crush the biscuits and combine with the melted chocolate. Spread out to thickness of 3 mm. Cut into 5 cm ø circles.
200 g	Inspiration Passion couverture chocolate	

#### Assembly

Pipe the sudachi cream into 4 cm ø half-sphere silicon molds, 10 g per mold. Add a sudachi jelly half-sphere and a 3 cm ø circle of the madeleine biscuit. Freeze. Pipe the light mousse into 5 cm ø half-spheres (10 g per mold) and add the insert (sudachi jelly & cream) and smooth with the mousse. Once you have filled half the molds, freeze immediately. Remove from the molds and use atop the freshly-filled half-spheres as this will ensure that the two halves bond perfectly. Freeze. Remove from the molds, add a lolly stick and dip into the sudachi glaze. Place on a passion fruit and chocolate base.

### Fruit'Purée Sudachi Capfruit



The sudachi is a small round, green citrus fruit, and comes mainly from the Tokushima prefecture in Japan. Its juice, with unusual spicy notes is evocative of both Asia and the Orient and will immediately take you on a culinary voyage and titillate the senses. It is used as a seasoning for dishes in place of lemon or lime juice, and is a perfect addition to cocktails or for making original sorbets. It also lends itself to many uses in the pastry kitchen. The fruit is particularly rich in both Calcium and vitamin C. As with all the other fruits in our Citrus range, Fruit'Purée Sudachi is offered with no sugar added to those naturally present in the fruit.

