

「新的」热带水果沙伐仑松饼

材料

7克干酵母
170毫升冲调后的「新的」热带水果汁（按1:7.5比例冲调）
2茶匙细砂糖
250克面粉
3个鸡蛋（搅匀）
90克无盐牛油

朗姆糖浆
200克细砂糖
375毫升冲调后的「新的」热带水果（按1:4比例冲调）
5厘米长的柠檬皮
125毫升深色朗姆酒

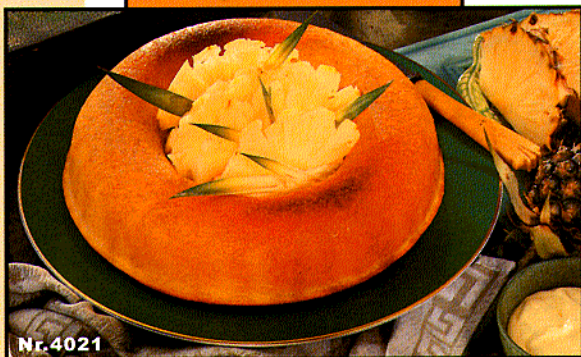
Method

1. Grease a 25cm deep savarin ring. Dissolve the yeast in the diluted **sunquick** tropical juice, then stir in the sugar. Set aside for 5 minutes, or until frothy. Sift the flour and 1/4 teaspoon salt into a large bowl. Add the yeast and eggs and beat with a cupped hand for 5 minutes. Add the butter and beat by hand for 5 minutes, or until bubbly and well-risen. Press down on the dough to push the air out, and beat by hand for 1-2 minutes.
2. Ladle into the ring and cover loosely with plastic wrap. Set aside in a warm place for 10 minutes. Preheat the oven to moderately hot 190°C. Bake on a baking tray for 25 minutes, or until firm and golden (it may overflow a little in the centre).
3. Meanwhile, to make the rum syrup, stir the sugar, **sunquick** juice and rind in a small pan over low heat until the sugar has dissolved. Bring to boil and simmer, without stirring, for 10-15 minutes, or until slightly thickened. Remove the rind. Add the rum.
4. When the savarin is cooked, trim to a flat base with a knife, turn out of the tin and stand on a rack over a tray. Prick all over with a toothpick. While the savarin is still hot, drizzle with rum syrup, pouring the excess back from where it is caught in the tray, until all the syrup is absorbed.

方法

1. 在25厘米深的沙伐仑蛋糕模上抹油，用冲调好的「新的」热带水果汁化开干酵母，然后加入细砂糖，搅拌至糖溶解，放置5分钟后，搅打至起泡。把面粉及适量盐放入大碗中，加入上述处理好的酵母及鸡蛋，搅拌5分钟，再加入牛油搅拌5分钟直至充分发酵起泡后，把面团中的气体挤压出去，再用手搅打1-2分钟。
2. 把混合物舀进蛋糕模中，封上保鲜纸，放置在温暖的地方10分钟。把烤箱预热至190摄氏度，烘烤25分钟直至颜色变金黄。
3. 烘烤时可以制作朗姆糖浆。在小锅中放入细砂糖、「新的」热带水果汁和柠檬皮，慢火加热直至糖完全溶解。煮沸约10-15分钟，不要搅拌，使糖浆逐渐粘稠，然后去除柠檬皮，加入朗姆酒。
4. 松饼做好后，用刀把周围修饰整齐，然后把松饼放在铁架上，周围用牙签扎孔，趁热淋上糖浆，用盘子接住滴下的糖浆，再淋在松饼上直至完全吸收。

Tropical Savarin



Nr. 4021

Ingredients

7g dried yeast
20ml **sunquick** Tropical concentrate dilute to 170ml juice, lukewarm
2 teaspoons caster sugar
250g plain flour
3 eggs, lightly beaten
90g unsalted butter, softened

Rum syrup
200g caster sugar
75ml **sunquick** Tropical concentrate dilute to 375ml tropical juice
5cm piece lemon rind
125ml dark rum

