

COCONUT IN ITS SHELL

Coconut sorbet, coconut powder, coconut jelly and sesame nougatine by Angel Ramirez Betancourt, Executive Pastry Chef of The One & Only Ocean Club in Nassau, Bahamas - Yield: 8 to 10 servings



Coconut Sorbet:

42.32 oz/1200 g coconut milk
17.6 oz/500 g cold simple syrup (1:1)
5.3 oz/150 g Malibu coconut rum

Mix together all ingredients and process in ice cream machine according to manufacturer's instructions.

Coconut Powder:

4.2 oz/120 g coconut oil
2.8 oz/80 g maltodextrin
0.07 oz/2 g sea salt
0.35 oz/10 g anti-humidity confectioners' sugar

Process all the ingredients in a food processor until mixture has a sandy texture.

Coconut Jelly:

17.6 oz/500 g coconut water, divided
5 sheets gelatin (silver), bloomed
3.5 oz/100 g simple syrup

0.35 oz/10 g coconut pulp, chopped

Preparation:

1. In a saucepan, heat half the coconut water (do not boil). Stir in the drained gelatin until dissolved. Remove from the stove add the remaining ingredients. Transfer to a shallow container and let set in the refrigerator for at least 4 hours.

2. Cut into dice.

Sesame Nougatine:

5.3 oz/150 g granulated sugar
1.76 oz/50 g glucose
6.3 oz/180 g sesame seeds
0.35 oz/10 g black sesame seeds
4.4 oz/125 g unsalted butter
0.07 oz/2 g pectin
0.35 oz/10 g water

1. Stir the sugar and glucose together.

2. In a saucepan, combine the

water and glucose mixture and cook over medium heat (do not boil). Add both sesame seeds and the butter; let the mixture rest and cool down for at least 4 hours.

3. Form small balls of the sesame mixture and arrange on a silicone baking mat. Bake at 350°F for about 8 minutes.

Plating:

Fresh coconuts, as needed

1. Crack the fresh coconuts in half. Reserve the water and freeze the shell with its flesh.

2. After churning the Coconut Sorbet, quickly transfer it into a piping bag and pipe the sorbet into the frozen coconut shell. Garnish with the Coconut Jelly, Sesame Nougatine and Coconut Powder.