

Tropical Baba au Rhum

Rum-Soaked Baba, Mango Coulis, Coconut Soil, Pineapple Crisp, Tropical Fruit Compote, Chantilly Cream

Baba Dough

Yield: 1230 g

<i>Ingredients</i>	<i>Quantity</i>	<i>Bakers %</i>
Bread Flour	500 g	100%
Eggs	6 whole eggs	60 %
Water	200 g	40 %
Butter, unsalted, pliable	150 g	30 %
Sugar	50 g	10 %
Yeast, instant osmotolerant	20 g	4 %
Salt	10 g	2 %

Method of Preparation

1. In the bowl of a stand mixer fitted with the hook attachment, combine flour, eggs, sugar, yeast, and salt. Mix at a low speed until the dough begins to form.
2. Add half of the water and continue mixing on low until incorporated.
3. Add the remaining water and mix for 4–5 minutes, until homogeneous.
4. Increase to medium speed and add the butter gradually in small increments, allowing each addition to incorporate before adding the next.
5. Continue mixing to full gluten development. Final dough temperature should be 75–80°F (24–27°C).
6. Transfer to a lightly greased container, cover, and ferment 1 hour at room temperature.
7. Degas gently, cover, and refrigerate overnight.
8. The following day, portion into 14 g pieces (or desired size). Round tightly and place into lightly greased baba molds.
9. Proof until light and aerated.
10. Bake at 375°F (190°C) for 15–20 minutes, until evenly golden. Cool completely before soaking.

Baba Soaking liquid

Yield: 2.7 Liters

<u>Ingredients</u>	<u>Quantity</u>
Water	2 Liters
Sugar	700 g
Vanilla bean	2 beans
Orange zest	1 orange
Lemon zest	1 lemon
Rum, dark	To taste

Method of Preparation:

1. Combine water, sugar, vanilla, and citrus zests in a saucepan.
2. Heat to 180°F (82°C), stirring to dissolve the sugar completely.
3. Remove from heat and allow to infuse until cooled slightly.
4. Strain if desired. Add rum just before soaking.

Notes:

Prepare the soaking liquid a day in advance, for optimal flavor infusion.
Other infusions and flavors can be used

Baba Soaking Instructions

1. In a wide pot, reheat the Baba soaking liquid to 160°F (71°C)
2. Lightly pierce each Baba once or twice with a skewer.
3. When the soaking liquid reaches 160°F, turn off the heat and add the rum to the soaking liquid.
4. Soak Baba in small batches. Baba's will float; gently submerge to ensure even absorption.
5. Soak until fully saturated but structurally intact.
6. Remove carefully with a slotted spoon and drain on a rack.

Notes:

Maintain syrup temperature near 160°F during soaking. Handle Baba's gently, as they become delicate.

Mango Coulis

Yield: 301.5 g

<u>Ingredients:</u>	<u>Quantity</u>
Mango Puree	240 g
Passion Fruit Puree	45 g
Sugar	15 g
Xanthan Gum	1.5 g

Method of Preparation

1. Combine the ingredients with an immersion blender, blend until smooth.
2. Taste and adjust flavor as needed, with salt, sugar, or lemon juice.

Pineapple Crisp

<u>Ingredients</u>	<u>Quantity</u>
Pineapple, peeled	1 pineapple
Simple Syrup	225 g

Method of preparation

1. Peel the pineapple and slice very thin with a deli slicer or mandolin.
2. Dip the pineapple in the simple syrup, remove excess syrup from the pineapple and place on a silicon mat in a single layer.
3. Dehydrate the pineapple slices either in a dehydrator, in a 200°F oven for about 45 minutes, or in an off oven with pilot light, overnight.
4. Once dry and crispy, keep in an airtight container and do not refrigerate.

Chantilly Cream

Yield: 477 g

<u>Ingredients</u>	<u>Quantity</u>
Heavy Cream	454 g
Sugar	28 g
Vanilla Extract	5 g

Method of Preparation

1. Combine all the ingredients and whip in a mixer until desired consistency.
2. Refrigerate until needed.

Tropical Fruit Compote

Yield: 480 g

<u>Ingredients</u>	<u>Quantity</u>
Pineapple, medium dice	100 g
Mango, medium dice	90 g
Papaya, medium dice	80 g
Mango Puree	80 g
Passion Fruit Puree	40 g
Brown Sugar	20 g
Star Anise	1 piece
Cinnamon Stick	1 stick
Vanilla Bean	½ bean
Lime Zest	½ lime
Lime Juice	½ lime
Kiwi, medium dice	1 kiwi

Method of Preparation

1. Prepare the fruit by peeling and cutting to desired size
2. Combine the pineapple, mango, papaya, purees, brown sugar, spices and gently bring to a simmer. Cook until the fruit starts to soften.
3. Remove from the heat and chill.
4. Stir in the kiwi, lime juice, and zest.
5. Refrigerate until needed.

Notes:

Adding the kiwi to the cooled chutney will preserve the green color.

Coconut Soil

Yield: 450 g

<u>Ingredients</u>	<u>Quantity</u>
Flour, all-purpose	200 g
Coconut, desiccated	40 g
Sugar, granulated	90 g
Salt	pinch
Butter, unsalted	120 g

Method of Preparation

1. Combine the dry ingredients in a bowl.
2. Gently melt the butter; it doesn't need to be hot.
3. Slowly add the melted butter and mix with a spatula until crumbly. Be careful not to overmix.
4. Bake at 325°F for 5 minutes. Stir, then continue baking, stirring every 3 - 5 minutes, until golden brown.