



Creamy avocado pudding with pink grapefruit reduction and candied zest



AVOCADOS are so naturally creamy that, when puréed, they can easily replace butter in desserts. This avocado pudding, made from avocados and crème fraîche, redefines the terms rich and smooth. Paired with a fresh pink grapefruit reduction, which adds tartness, and grapefruit sorbet, which provides cool citrusy notes, this is an enticingly refreshing dessert. *Serves 8*

AVOCADO PUDDING

30 g (1.1 oz) salted butter
180 g (6.4 oz) granulated sugar
125 g (4.5 oz) avocado flesh (about ¼ avocado)
3 large egg yolks
125 mL (½ cup) whole milk
125 mL (½ cup) crème fraîche
juice and zest of 1 lime
1.25 mL (¼ tsp) nutmeg, freshly grated
90 g (3.2 oz) all-purpose flour
60 g (2.1 oz) egg whites (about 2 large)

Preheat oven to 150°C (300°F).
Spray 8 muffin tins with oil or use 5 cm (2") round flexible silicone moulds, or line 8 ramekins with butter and sugar.

In a food processor, cream butter and sugar. Add avocado and egg yolks, and combine until the mixture is smooth. Pour in milk, cream, juice, zest and nutmeg, and process well. Add flour and mix as briefly as possible, until just incorporated. Do not overmix.

In a separate bowl, whisk egg whites until they form soft peaks.

Fold egg whites into the avocado mixture with a rubber spatula, making sure to combine them well. Divide batter among individual containers and bake in a bain-marie for 35 to 40 minutes, or until lightly

golden brown and springy to the touch. Cool slightly before unmoulding (or cool completely if using silicone moulds). Serve warm, or refrigerate and reheat in a microwave oven about 1 to 2 minutes, or just until warm before serving.

CANDIED GRAPEFRUIT ZEST

100 g (3.6 oz) granulated sugar
100 mL (½ cup + 1 Tbsp) water
zest of 2 grapefruits (as much white pith removed as possible)
500 mL (2 cups) oil for deep-frying

Combine sugar and water in a saucepan; bring to a boil. Pour the syrup over zest and transfer to an airtight container. Refrigerate overnight.

To cook, preheat a deep fryer to 190°C (375°F). Remove any last pieces of white pith from zests and discard. Pat zests dry and fry until lightly golden brown. Remove from oil with a slotted spoon and drain briefly on a paper towel. Cool.

GARNISH

2 pink grapefruits, peeled, seeded and segmented
8 lemon and mint oil sucrées, page 137, cut into 3 × 4.5 cm (1¼ × 1¾") rectangles
8 scoops or quenelles pink grapefruit sorbet, page 155
125 mL (½ cup) pink grapefruit reduction, page 153
455 g (16.4 oz) pink grapefruit emulsion, page 152

ASSEMBLY

Place a warm pudding slightly off centre on each plate. Top with a few pieces of zest. Arrange a few segments of grapefruit in front of pudding, top with a rectangle of sucrée, and finish with a scoop or quenelle of sorbet. Drizzle some reduction over the grapefruit and spoon emulsion on either side of the dessert. Serve immediately.

WINE

Pairing acidic desserts, especially grapefruit ones, is very difficult. However, ripe pink grapefruit is typically less acidic and sweeter, and therefore somewhat easier to pair, than its yellow relative if it appears in a dessert made of creamy, sweet ingredients. Muscat wines such as Muscat de Rivesaltes or a Canadian VQA late-harvest or Riesling icewine will tolerate the acidity and should pair well with the predominant creamy flavours of the custard. A Sauternes or late-harvest Sauvignon may be other suggestions.