

Alessandro Pavoni's Spumiglie con Gelato alla Crema (Meringues with Gelato)



Preparation time: 180 mins
Serves: 8 people
User Rating: ★★★★★

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This recipe from chef & restaurateur Alessandro Pavoni, creates a show stopping dessert made of delicious meringues and creamy gelato.



Ingredients

Spumiglie (Meringues)

- 200g egg white (usually one egg is about 30g egg white)
- 400g caster sugar
- To serve: toasted nuts, passionfruit, chocolate

Gelato alla crema (makes 800g-1kg of gelato)

- 100g egg yolks
- 500ml full cream milk
- 230g caster sugar

- 250ml pouring cream
- Zest of 1 lemon
- 1 vanilla bean

Method

Spumiglie (Meringues)

1. Put sugar on a tray lined with baking paper in an oven at 220C for 8-10mins until the edges start to melt.
2. Meanwhile, whisk eggs until just after they foam, but are not yet forming peaks (works best in a stand mixer).
3. Take the sugar from the oven and turn oven temperature down to 120C.
4. Very gradually add hot sugar to the egg whites, while the eggs are being whisked.
5. Continue whisking for 15-20 mins until the bowl is cold. Stiff peaks should have formed.
6. On a tray covered with baking paper, using 2 large spoons, place big scoops of meringue. You'll be able to make about 8 large spumiglie. (Tip: You can add some almond slivers on top, and they'll toast nicely in the oven)
7. Cook in an oven at 120C for 1 hour (at least), or until they come off the baking paper very easily.
8. Once cooked, turn off the oven, open the door halfway, and let the spumiglie cool down inside the oven.
9. Once cool, if not serving straight away, store in an airtight container in the fridge until ready to use.

Gelato alla Crema

1. Blend together milk, egg yolks & sugar with a stick blender. Put mixture in a saucepan on the stovetop and keep mixing with a wooden spoon to stop it sticking to the saucepan. Bring close to the boil (85C or when the mixture leaves a trail in a wooden spoon when you run your finger down it) and remove from heat.
2. Take a big bowl of ice and a smaller bowl to sit on top of the ice. Transfer the hot mixture to the smaller bowl and stir continuously until it cools down.
3. When cool, add cream, lemon zest, vanilla bean (1 whole bean, don't split it - just put it in), and mix very well with a stick blender.
4. Cover the mixture with cling film and place in the fridge for 24hrs to cool completely.
5. Once cooled, strain the mixture into a container. Close the container and place in the freezer. Mix with a hand whisk every 30-45mins until the mixture reaches gelato consistency. If you have a gelato/ice-cream machine, you can also put the cooled mixture in there and mix according to manufacturer instructions.

To Serve

1. Break open a spumiglia and scoop gelato inside. Top with your preferred toppings - here we've added passionfruit and also made one with toasted almonds & chocolate flakes.