

# Transformation

Transformation, as described by Herman Lensing, is about the process of turning something ordinary into something extraordinary. Here he takes four seemingly ordinary ingredients and uses them to create dishes of luxury, quality and beauty.

Recipes and production by Herman Lensing



## Balsamic sponge and strawberry mousse lollypop

Serves 4

### INGREDIENTS

2 free range eggs, separated, plus two extra egg whites  
1 vanilla bean, split in half and seeds removed  
160g castor sugar  
40ml balsamic reduction  
100g cake flour, sifted 3 times  
200g strawberries  
2 sheets gelatine, softened  
85ml cream

4 lemon verbena leaves and balsamic syrup, to garnish

4 x 2cm diameter moulds acetate to line each mould

### METHOD

- 1 Pre-heat the oven to 180°C.
- 2 Line a baking sheet with baking paper and grease well.
- 3 Whip the egg yolks and vanilla seeds with 33g of the castor sugar until pale and thick.

- 4 In a separate bowl prepare a meringue by whisking two of the egg whites until stiff peaks form, then slowly adding 67g castor sugar while whisking.
- 5 Fold the balsamic reduction into the egg yolk mixture followed by the meringue. Lastly, gently fold in the sifted cake flour in 3 batches, taking care not to knock out too much air.
- 6 Spread the mixture evenly on the prepared baking sheet and bake until well risen and cooked through, about 10-15 minutes. Remove from the oven and cool.
- 7 Purée the strawberries in a blender, then strain to remove all the pips. Bring to a slow simmer for 3 minutes. Remove from the heat and add the softened gelatine sheets. Stir until dissolved.
- 8 In another medium sized bowl prepare a stiff meringue by whisking the egg whites then adding the remaining castor sugar in batches while whisking.
- 9 Using a spatula, fold the strawberry purée into the meringue. Whip the cream to medium soft peaks and fold into the meringue and strawberry mixture. Mould in 2cm diameter moulds lined with acetate and refrigerate until set, about 2-3 hours.
- 10 Using a ring cutter with the same diameter as the mousse moulds, cut circles of the balsamic sponge. Un-mould the strawberry mousse on to the cut sponge disks and garnish with a lemon verbena leaf and a drop of balsamic syrup.

# Parmesan and pine nut marshmallows



Serves 4

## INGREDIENTS

250ml Parmesan, grated  
250ml pine nuts  
500ml white sugar  
145ml water  
12 gelatine leaves, soaked in ice water.  
Pinch salt  
Sea salt crystals, to garnish

## METHOD

- 1 Pre-heat the oven to 180 °C.
- 2 Thinly sprinkle the grated Parmesan on a silpad. Place in the oven and cook until the Parmesan melts and starts to brown lightly - this only takes a few minutes. Remove from the oven and let cool until crisp, then place in a plastic bag and crush into fine crumbs.
- 2 Toast the pine nuts in a hot pan until they start to darken. Using a juicer, pass the still warm pine

nuts through the juicer to extract their oil. Strain the oil, then chill it in the fridge.

- 3 In a medium sized saucepan combine the sugar, 85ml water and pine nut oil. Bring to a slow simmer, then boil until 120°C is reached on a sugar thermometer.
- 4 In the meantime, melt the gelatine in 60ml water over a low heat, then pour into a large glass bowl and begin whipping with an electric beater. While beating, slowly pour in the hot

sugar mixture and add the salt. Continue whipping until white and glossy, about 10-15 minutes. Pour into a well greased container and set to a thickness of 2.5cm. When set, un-mould the marshmallows and cut into 2.5cm cubes. Roll in the crushed Parmesan leaving two sides un-coated. Top with a sea salt crystal and serve.

# Lime curd topped with lime air and citrus cells



Serves 4

## INGREDIENTS

- 3 free range eggs
- 160ml freshly squeezed lime juice and zest of lime
- 150g sugar
- 60ml butter
- 250ml lime juice
- 45ml lecithin powder
- 1 orange
- 1 lemon
- 1 grape fruit
- Lime zest, to garnish

## METHOD

- 1 To make the lime curd, combine the eggs, 160ml lime juice and zest, sugar and butter in a saucepan. Cook over low heat while stirring until the mixture starts to thicken. Keep on cooking and stirring the mixture for a further 15 minutes to cook through, being careful not to over heat it. Once the mixture is cooked, immediately pour into a glass bowl. Cover with a layer of wax paper leave to cool down.
- 2 In another medium sized saucepan, bring the 250ml lime juice to a slow simmer, then remove from the heat and add the lecithin. Stir until dissolved then strain the mixture through a fine sieve. Using a hand held blender, blend the liquid at an angle until a foam forms on the surface - keep the liquid warm and set aside.
- 3 Peel the citrus fruits being careful not to bruise them. Break the segments open and, working very gently, remove the cells from each segment, keeping each fruit separate. Wrap tightly with cling wrap and place in the fridge until needed.
- 4 Fill 6 shallow glass bowls with 30ml of lime curd each. Blend the foam again with a hand held blender then scoop the froth onto the lemon curd, filling each bowl to the rim. Quickly grate lime zest over the foam with a micro plane and sprinkle with a mixture of citrus cells. Serve immediately.

# Almond granita

Serves 4

## INGREDIENTS

100g almonds  
250ml cream  
8ml rice wine vinegar  
2 cloves garlic, chopped  
2 slices white bread  
sea salt and freshly ground black pepper  
4 edible flowers  
liquid nitrogen

## METHOD

- 1 Toast the almonds until lightly browned.
- 2 In a blender, combine the almonds with the cream, vinegar, garlic and bread and blend to a fine paste. Strain through a sieve to extract the liquid from the solids. Discard the solids. Season to taste with sea salt and freshly ground black pepper.
- 3 Pour the mixture onto a flat tray and freeze. Once frozen, scrape with a fork to create fine white crystals, then place back into the freezer.
- 4 Place four plates in the freezer to frost.
- 5 When ready to serve, remove the plates from the freezer and top each with a pile of granita - it should resemble a heap of snow. Garnish with 1 flower standing up straight as if it were growing in the snow. Pour over a splash of nitrogen and serve immediately.