



Pistachio Parfait

Prep Time
1 hr

Cooking Time
20 min

Freezing Time
12 hrs

Yields
4 servings



Ingredients

For the pistachio parfait

100 g (2/3 cup) ground unsalted pistachios, plus some extra for serving
60 ml (1/4 cup) water
100 g (1/2 cup) granulated sugar
4 large egg yolks
1 tsp vanilla extract
1/4 tsp salt
300 ml (1 1/4 cups) very cold double (heavy) cream
2 tbsp icing (confectioners'/powdered) sugar

For the strawberry sauce

300 g (approx. 1 pints / 2 cups) fresh strawberries, hulled, cut into quarters
160 g (1/2 cup) strawberry jam
3 tbsp freshly squeezed lemon juice

Capture the aromas of summer with a delicious pistachio parfait and strawberry sauce! The parfait is very creamy and tastes heavenly of pistachios, while the strawberry sauce is sweet and refreshing. This French-style parfait is made with a combination of ground pistachios, whipped cream, egg yolks, and sugar syrup. Instead of freezing the parfait in individual pudding moulds, you can also opt to freeze the parfait in a 25 cm – 30 cm / 10 in – 12 in a loaf tin (pan). If you can't get double (heavy) cream simply use whipping cream.

Instructions

1) Cook the sugar syrup

In a small saucepan, bring the water and sugar to a rolling boil over high heat. Cook the sugar syrup for 1 minute.

2)

Set up a double boiler and bring the water to a mild boil. Add the egg yolks, vanilla extract, salt, and sugar syrup. Using a whisk or hand-held mixer, beat the egg yolk-sugar syrup mixture until pale and fluffy, for 3 to 5 minutes. Take off the heat and continue beating the mixture for another 5 to 7 minutes, until the mix looks very pale and volumised.

Tip: Make sure the water in the double boiler doesn't touch the bottom, so the yolk doesn't curdle.

3) Whip the cream

Add the double (heavy) cream and icing (confectioners'/powdered) sugar into a cold mixing bowl and whip with an electric mixer until stiff peaks form. Using a large spatula, gently fold the whipped cream and the ground pistachios into the yolk-sugar syrup mixture until well combined.

4) Freeze the pistachio parfait

Spray 4 to 6 pudding moulds or loaf tin (pan) with cooking spray. Then pour the pistachio parfait into pudding moulds or loaf tin (pan). Place in the freezer for 12 hours or overnight.

5) Make the strawberry sauce

In a medium mixing bowl, put the strawberries, jam and lemon juice into a small bowl and mix gently to coat.

Tip: You can prepare the strawberry sauce up to two days in advance and store it covered in the refrigerator.

6) Serve the parfait

To release the parfaits from the mould, fill a heat-resistant bowl or container with hot water, dip the pudding moulds quickly into the water and invert on a plate. Garnish with the strawberry sauce, scatter pistachio on top and serve immediately.