



Frozen Peach Parfait
Verbena-Scented White Peaches, Almond Praline and Red Currant Coulis
(Serves six)

Verbena-Scented White Peaches

- 1 cup white wine
- 3 cups sugar
- 4 cups water
- 1 vanilla bean, split and scraped
- 1 one inch X two inch strip of lemon zest
- 1 clove
- 1 bunch verbena leaves
- 5 large ripe white peaches (about 2 pounds), cut in half and pitted

Combine the white wine, sugar and water in a pot over low heat. Add the vanilla bean, lemon zest and clove, stirring occasionally. Once the sugar has dissolved, increase the heat to high and bring the syrup to a boil. Add the verbena leaves, remove the pot from the heat, and let rest for ten minutes.

Remove the verbena from the syrup, add the peaches, then cook them over moderate heat until tender and offer little resistance when pierced with a knife (about ten to twenty minutes depending on their ripeness). Once tender, place the entire pot in a bowl filled with ice and water. When the peaches have cooled, remove their skins, then place them back in the syrup.

Reserve six peach halves in the syrup, and cut four into a large dice, then place them into a blender along with three tablespoons of verbena syrup. Puree until smooth. Reserve until ready to make the frozen peach parfait.

Almond Praline

- 3 tablespoons sugar
- 3 tablespoons whole almonds, blanched
- 1 teaspoon peanut oil

Cook sugar over low heat for ten minutes, or until lightly caramelized. Stir in the almonds, and coat thoroughly. Oil a half sheet tray with the peanut oil and spread praline evenly over the top to cool. Once cool, crack the praline into small pieces. Keep in an airtight container until needed. Use about half of the almond praline in the frozen peach parfait and the rest to garnish the dessert.

Frozen Peach Parfait

4 egg whites
2/3 cup sugar
1 cup heavy cream
1 cup peach puree
1/4 cup of yogurt (whole milk)
1 tablespoon crème de pêche
5 teaspoons almond praline

To make the meringue, whip the whites to soft peaks and gradually sift in the sugar. Continue whipping, until all of the sugar is incorporated and stiff peaks are formed. Set the meringue aside and, in a separate bowl, whip the heavy cream to stiff peaks. Next whisk together the peach puree with the yogurt and the crème de pêche. Fold the meringue into the whipped cream, then incorporate the yogurt peach cream and small pieces of half of the almond praline.

Line a 2.5 inch x 3 inch x 9 inch loaf pan with plastic wrap then pour in the parfait mixture. Tap lightly on the pan to remove any air bubbles, cover with plastic wrap and freeze for at least 12 hours.

Red Currant Coulis

1 ¼ cups of red currant berries, stems removed and saved
½ cup white grape juice
½ cup sugar
½ vanilla bean, split and scraped
6 mint sprigs

Combine all of the ingredients in a quart pot and bring to a boil over moderate heat. Reduce to a simmer and cook the berries for ten minutes. Remove from the heat, cover and let rest for ten minutes. Pass through a chinois, or finely meshed strainer, pressing on the berries to extract all of their juices. Cool and reserve.

To Serve

Six sprigs of mint
Six red currant stems
1 tablespoon superfine sugar

Cut parfait into six one-and-a-half-inch slices, place each on a plate surrounded by six slices from one peach half. Sprinkle the peaches with almond praline, and top each parfait with a sprig of mint and a “candied” currant stem that’s been dipped in superfine sugar. Serve accompanied with the cold currant coulis.