

BAKE SENSE

**Chocolate &
Vanilla
Ice Cream
Sandwiches**

SARAH LEMANSKI



Vanilla Bean Parfait

Yields 1, 9 x12 inch tin. Makes 14 x sandwiches.
Adapted from Terri Mercieca, of the much loved
Happy Endings.

INGREDIENTS

100g egg yolk

52ml water

100g caster sugar

65g soft light brown sugar

Seeds from 1 vanilla bean or ½ if the bean is especially plump and juicy.

1.5 tsp flaky sea salt

755g double cream

METHOD

- Prepare the tray by lining it with greaseproof paper.
- Place the yolks in the bowl of a stand mixer fitted with a whisk attachment.
- Add the sugars to a small saucepan along with the water, vanilla seeds and scraped bean.
- Measure the double cream into a large bowl (preferably stainless steel) and grab a large balloon whisk.
- Once all of the above is assembled, set the mixer on low to slowly break up the egg yolks and prevent their surface from drying.
- At the same time, heat the saucepan and stir to encourage the sugar to dissolve; increase the
- heat and allow the syrup to thicken, use a thermometer and heat until it reaches 116 degrees C.
- When it hits 116 degrees C, carefully pour the hot syrup into the mixer (whilst running), incorporating it into the egg yolks.
- Once it is all added, increase the mixing speed to medium and allow to whisk for 8-10 minutes. During this time, whip the double cream until thick enough to see it hold a slight trail as you lift your whisk.
- After 8-10 minutes, the bowl of the mixer should feel cool, and the foam should be much lighter in colour and approximately four times the original volume.
- At this point, remove the vanilla pod, pour half of the cream into the egg foam, and whisk briefly to incorporate, then add the remaining cream and fold in by hand to thoroughly combine.
- Pour the mixture into the prepared tin and place in the freezer overnight.

Buckwheat Brownie

Yield 2 x 9 x12 inch tin. Makes 14 x sandwiches

INGREDIENTS

289g unsalted butter

44g water

½ tsp vanilla extract

257g caster sugar

257g soft light brown sugar

144g cocoa powder

247g eggs

100g buckwheat flour

1+1/8th tsp flaky sea salt

METHOD

- Prepare 2 x 9 x 12 inch trays with greaseproof paper. Preheat the oven to 165 degrees C.
- Melt the butter in a pan and continue to heat until it foams and the milk solids turn golden brown with a rich nutty aroma.
- Add the water and vanilla extract (it will hiss and spit if the pan is still hot, so stand back)
- Add the cocoa powder and sugars to the pan and whisk to incorporate.
- Add the eggs, a portion at a time, whisking between each addition to incorporate fully. Continue until all of the egg has been added, and the batter is smooth and glossy.
- Fold through the flour and sea salt and divide the batter evenly between the prepared pans.
- Bake for 10 minutes, rotate and bake for a further 5 minutes.
- Remove from the oven and allow to cool.

TO ASSEMBLE

Once the parfait is frozen and the sheets of brownie are cool, you can assemble the sandwich.

- *I like adding a layer of chocolate ganache or a complimentary 'butter' component such as jam, caramel or nut butter. This feels like the right thing to do when making any sandwich and allows for more flavour play.*

Sandwich the parfait between the two brownies and return to the freezer to firm up completely.

To cut, ensure it is completely frozen before dividing it into 14 pieces. I like to trim the edges for a neat cross-sectional slice and cut each sandwich to 4 x 9.5 cm. The off-cuts do not go to waste; they are fair game for the baker. If you're making trays and trays, combine all the offcuts in a lined loaf pan to slice like a frozen cake.