

Caviar & White Chocolate Parfait

Vanilla parfait, sea salt flake, caviar, and white chocolate shard.

Yield: 10 tasting portions

Prep Time: 3 hours (plus freezing)

Active Time: 1 hour

Service Temperature: Frozen / Chilled (−2°C to 4°C)

Ingredients

Vanilla Parfait Base

- 250 ml heavy cream (35%)
 - 100 g sugar
 - 60 g egg yolks (approx. 3 yolks)
 - 60 ml water
 - 1 vanilla pod (or 2 tsp vanilla paste)
 - Pinch sea salt
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White Chocolate Shard

- 200 g high-quality white chocolate (e.g. Valrhona Ivoire 35%)
 - 5 g cocoa butter (optional, for sheen)
 - 1 g sea salt flakes
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Caviar Garnish

- 40 g Oscietra or Kaluga caviar (4 g per portion)
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Finishing Elements

- Maldon or fleur de sel flakes (tiny pinch)
 - Micro gold leaf (optional)
 - Vanilla bean powder (optional dust)
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Method

1. Make the Parfait Base

Split and scrape the vanilla pod; add seeds to cream.

Heat cream gently to 60°C, infuse 15 minutes, then strain.

Whisk yolks in stand mixer.

In a small saucepan, boil sugar and water to 118°C (soft-ball stage).

Pour hot syrup slowly over yolks while whisking at medium speed.

Continue to whip until mixture is pale and cool (~35°C).

Fold in warm vanilla cream gently until smooth.

Season with a small pinch of salt — this will subtly bridge to the caviar.

Pour into small half-sphere silicone molds (40 ml each).

Freeze at least 4 hours or until completely set.

2. Prepare the White Chocolate Shards

Temper white chocolate to 29–30°C (melt to 45°C, cool to 27°C, reheat slightly).

Spread thinly on acetate sheet using offset spatula.

Sprinkle lightly with sea salt flakes.

Allow to set, then break into delicate irregular shards (3–4 cm).

Store in a cool, dry place.

3. Plating (Service)

Plateware: Cold, matte black or gray ceramic plate for contrast.

Unmold parfait and place slightly off-center.

Top with a quenelle (4 g) of caviar.

Rest a white chocolate shard at a slight angle against the parfait.

Sprinkle one flake of sea salt on the caviar for brilliance.

Optionally, dust lightly with vanilla bean powder or add micro gold leaf for elegance.

4. Service Notes

Serve immediately upon plating to maintain parfait texture and caviar integrity.

Ideal parfait core: –2°C center, creamy outer layer.

Server's line:

"A white chocolate and vanilla parfait crowned with Oscietra caviar — where sweetness meets the sea."

Chef's Notes

Flavor balance:

White chocolate brings buttery cocoa notes.

Vanilla custard offers warmth and creaminess.

Caviar adds iodine and salt, cutting through sweetness.

Textural play: Frozen creaminess vs. cold pearls.

Key tip: Caviar should be applied at the last second — cold plate, dry surface, no condensation.

Wine pairing:

Sauternes or *Tokaji Aszú* — sweetness tempered by salinity.

Non-alcoholic pairing: Vanilla-infused milk with sea salt foam.