

Jerusalem Artichoke Custard with Caviar

Silky warm custard, brown butter foam, toasted rye crumble, and caviar.

Yield: 10 tasting portions

Prep Time: 2 hours

Active Time: 1 hour

Service Temperature: Warm (45–50°C)

Style: Nordic/French hybrid

Ingredients

Jerusalem Artichoke Custard

- 400 g Jerusalem artichokes (sunchokes), peeled and sliced thin
 - 100 g shallots, finely sliced
 - 25 g butter
 - 200 ml chicken stock (or light vegetable stock)
 - 150 ml heavy cream (35%)
 - 3 whole eggs
 - 2 egg yolks
 - Salt and white pepper to taste
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Brown Butter Foam

- 120 g unsalted butter
 - 100 ml milk
 - 50 ml cream
 - 1 g soy lecithin (for stable foam)
 - Sea salt to taste
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Toasted Rye Crumble

- 60 g dark rye bread (stale or dried)
 - 20 g butter
 - 1 g salt
 - 1 g sugar
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Caviar & Garnish

- 40 g Imperial or Kaluga caviar (4 g per portion)
 - Micro sorrel or dill tips (for visual freshness)
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Method

1. Prepare the Jerusalem Artichoke Custard

Sweat shallots in butter until translucent (no color).

Add sliced artichokes; sauté 5–6 minutes until fragrant and lightly golden.

Pour in chicken stock and simmer gently until tender (about 15 minutes).

Add cream; bring just to a simmer, then remove from heat.

Blend until perfectly smooth; pass through fine chinois.

Cool to 40°C, then whisk in eggs and yolks until uniform.

Season delicately with salt and white pepper.

Strain again for ultimate silkiness.

2. Steam the Custard

Portion 40–50 g mixture into small ceramic pots, ramekins, or clay bowls.

Cover with plastic wrap or foil.

Steam gently at 85°C for 12–14 minutes, or until just set (like soft flan).

Hold warm at 50°C for service — do not overcook.

3. Prepare the Brown Butter Foam

In a small pan, cook butter over medium heat until golden and nutty (no burning).

Add milk and cream, whisk to emulsify.

Strain to remove solids.

Add lecithin and whisk or blend before service to create foam.

Optional: Use a handheld frother or siphon for micro-bubbles.

4. Make the Rye Crumble

Blitz rye bread into coarse crumbs.

Toast with butter, salt, and sugar in a pan until golden and crisp.

Drain on paper and cool.

Store airtight.

5. Assembly (à la minute)

Plating Vessel: Small clay pot, ceramic ramekin, or stone bowl.

Ensure custard is warm and silky — no visible bubbles or cracks.

Spoon 1 tsp toasted rye crumble over one side for texture.

Add 1 tbsp brown butter foam to the other side (light and aromatic).

Top the center with a 4 g quenelle of caviar.

Finish with a tiny sprig of sorrel or dill for color.

6. Service Ritual

Temperature control: Serve immediately, bowl warm to touch (~40°C).

Aroma moment: Foam should release a nutty scent when the lid is lifted.

Server's line:

“Warm Jerusalem artichoke custard with brown butter and caviar — an earthy reflection of the sea.”

Chef's Notes

Texture narrative: Custard → airy foam → crisp crumble → cool burst of caviar.

Flavor design: Nutty sweetness (artichoke + butter) balanced by saline caviar.

Don't salt too heavily — caviar brings natural salinity.

Wine pairing: Savagnin (Jura) or aged Meursault.

Non-alcoholic pairing: Roasted barley tea with smoked honey.