
les
FILLES
de
MADELEINE

ingredients

serves 2 to 4

for the chamomile honey

200 ml mild honey

2 tbsp dried chamomile flowers

for the dukkah

2 tbsp (ca. 30 gr) almonds

1 tbsp (ca. 8 gr) sesame seeds

1-2 cardamom pods

3/8 tsp ground cinnamon

pinch of salt

for the mascarpone whipped
cream

25 gr granulated sugar

125 gr mascarpone, cold

125 gr heavy cream, cold

for the peaches

2 large peaches, ripe but still
relatively firm

olive oil

grilled peaches w/ mascarpone whipped cream,
sweet dukkah & chamomile honey

how to

for the chamomile honey (prepare 1-2 weeks in advance)

1. In a clean glass jar, combine honey and chamomile. Use a plastic or wooden spoon to stir them together, making sure the chamomile flowers are fully coated. Seal and store in a cool dark place for 1 to 2 weeks. When the chamomile flowers come floating to the top of the jar, put it upside down. Continue doing so while the honey infuses.

2. After 1 to 2 weeks, strain the honey into another clean jar and discard the chamomile flowers.

for the dukkah

1. In a dry skillet over high heat, toast the almonds and cardamom pods, 5-10 minutes, until toasted and fragrant. Swirl the pan around often so as to avoid burning. Set aside to cool.

2. In the same skillet, toast the sesame seeds until they start to pop and dance around in the pan. Set aside to cool.

3. Remove the husks from the toasted cardamom pods and, using a spice grinder or mortar and pestle, grind the seeds. Finely chop the toasted almonds.

4. Combine chopped almonds, toasted sesame seeds, ground cardamom, cinnamon and salt.

for the mascarpone whipped cream

1. In a medium bowl, combine sugar and mascarpone. Stir to loosen the mascarpone a bit.

2. Add heavy cream and, using a handheld electric mixer (or in a free-standing mixer with the whisk attachment) beat until soft peaks form. Cover and refrigerate until ready to use.

to assemble

1. Preheat a grill pan over high heat, or make sure the barbecue is lighted and ready to go.

2. Halve the peaches, remove the stone and rub them with the tiniest bit of olive oil.

3. Place peaches on the grill, cut side down and allow to bake for a couple of minutes, until the surface is charred and lightly caramelized.

4. Serve 1 or 2 peach halves with a scoop of mascarpone whipped cream. Finish with honey and sweet dukkah.