

Manu's Bombe Alaska (Omelette Norvegienne)



User Rating:



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We asked Manu to create a special Christmas dessert that would be great for the hot Aussie summer. And what better than the delicious combination of meringue two ways, as well as your favourite ice cream! Omelette Norvégienne, or Bombe Alaska, is a dessert consisting of ice cream with a French meringue torte base, then topped with browned Italian meringue. Traditionally, the entire dessert is then placed in an extremely hot oven for a brief time, long enough to firm and caramelize the meringue, but not long enough to melt the ice cream. Manu's handy trick of using a kitchen torch is much simpler & doesn't heat up the kitchen!



Ingredients

- 2L of rum & raisin ice cream or any ice cream of your choice
- 100ml Cointreau

Dacquoise

- 5 egg whites or (180g)
- 200g hazelnuts
- 1 Pinch salt
- 220g caster sugar
- 25g cornflour

Italian meringue

- 280g caster sugar
- 4 egg whites (140g)
- 75ml water

Method

Filling

1. Transfer the ice cream into a metal salad bowl of a diameter of 20cm and smooth the ice cream to create a flat surface.
2. Cover and freeze the ice cream for at least 6 hours or overnight until firm.

Dacquoise

1. Preheat the oven to 180°C (160°C fan-forced).
2. Tip the hazelnuts into a food processor and pulse until coarsely ground. Spread them out in a single layer in a roasting tin and bake for 8 – 10 minutes or until golden-brown, stirring every now and then.
3. Remove the hazelnuts from the oven and transfer them to a large bowl and leave to cool. When cool, stir in 70g of the caster sugar and the cornflour.
4. Reduce the oven temperature to 150°C (130°C fan-force). Line a 26 cm X 38 cm baking tray with baking paper. Set aside.
5. To make the meringue, pour the egg whites into the bowl of an electric free-standing mixer fitted with the whisk attachment. Add the salt and whisk on medium speed for a few minutes until the mixture is white and frothy. Increase the speed to high and add the remaining caster sugar and keep whisking until it gets to a stiff, glossy, peaked meringue. Gently fold the ground hazelnut mixture through the meringue until mixed thoroughly.
6. Spread the meringue mixture evenly onto the prepared tray and bake for 45 minutes or until crisp on the outside and slightly soft and moist on the inside. Turn off the oven and leave the meringue to cool in the oven, with the door open, for at least 15 minutes.
7. Once the dacquoise has completely cooled, cut a 20cm round disc and set aside for the base of the Bombe Alaska.

Italian meringue

1. To make the sugar syrup, combine the sugar and the water in a saucepan on medium heat, stirring to dissolve the sugar. Bring the mixture to boil until it has reached 118°C on a sugar thermometer, then remove from the heat.
2. Meanwhile, whisk the egg whites in a clean bowl in an electric stand mixer fitted with the whisk attachment on a high speed until foamy.
3. Slowly stream the hot sugar syrup down the side of the bowl into the egg whites with the mixer running on high speed. Whisk until the meringue forms soft peaks and the bowl feels slightly warm to the touch. When you lift the whisk up, the meringue should still be warm and holding its shape. Don't allow the meringue to cool and immediately place it in a piping bag with a nozzle of your choice.

To assemble

1. Take the ice cream out of the freezer and give it a quick flash of heat with the help of a gas torch to un-mould it from the bowl and place it over the dacquoise disk.
2. Spread or pipe the meringue over the ice cream in any way or pattern you like.
3. Once you've finished spreading or piping the meringue, caramelize it with the help of the gas torch to set the mixture.
4. Just before serving, heat up the Cointreau in a small saucepan, light it on fire and pour over the Bombe Alaska.



Notes

Be sure to check out our easy and delicious [Perfect Vanilla Meringue recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
94g	1050kj 251kcal	4.4g	9.7g	3.3g	33.8g	31.9g	51mg	1g

All nutrition values are per serve.