



Blue Talon Bistros

FRENCH CREAM with BLUEBERRIES©
from Chef David Everett

Ingredients

2.5 Tbsp	Gelatin
4 cups	Heavy Cream
2 cups +	White Sugar
4 cups	Sour Cream
4 tsp.	Vanilla Extract

Balloon the gelatin in a small amount of the heavy cream. Once it is thoroughly mixed, combine the rest of the cream and warm slowly in a water bath. Be sure not to bring the cream to a boil or to use direct heat. Add 2 cups of sugar and stir until it is dissolved. Remove from heat.

In a separate bowl, combine the sour cream with the vanilla extract and whip the mixture until it is smooth. Then add the sour cream mixture to the first cream mixture and stir until well blended.

Pour the combined product in a terrine mold and refrigerate overnight.

Meanwhile, combine the blueberries the some of the remaining sugar - one tablespoon if they are already sweet or a little more if they are still tart. Allow the blueberries to sit for a few minutes. The sugar will bring the juice out of the blueberries for an attractive garnish.

Remove the French Cream from the terrine by slightly warming the outside of the terrine mold, then inverting onto a platter. Serve by slicing the terrine with a warm knife and then spoon the blueberries, with accompanying sauce, over one edge of the slice of French Cream. Makes 15 - 20 servings.