

# Sous vide peach with corn and nougat

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## Ingredients

### **Peach (sous vide):**

6 wild peaches  
200 ml sugar syrup  
Pulp of 1 vanilla pod  
A bit of bergamot peel

### **Corn:**

60 g cooked corn kernels  
2 scraped out vanilla pods

### **Nougat:**

160 g light nougat  
280 ml cream  
2 egg whites

### **Garnish:**

Mint leaves

## Preparation

### **Peach (sous vide):**

Vacuum all ingredients and cook sous vide at 65 °C in a **fusionchef** sous vide water bath for 20 minutes.  
Cool and marinate for 4 hours.  
Cut 2 peaches in slices. Serve as needed or vacuum in a glass with rubber seal.

### **Corn:**

Dry the corn and the vanilla in a dehydrator. Puree both components separately and finely. Serve as required.

### **Nougat:**

Heat the cream and dissolve the nougat in it. Lightly whip the egg white and mix it with the nougat. Put it into 0.5 liter-iSi-Siphon. Refrigerate for 2 hours. Screw on the cartridge when required.

### **Serving:**

Warm the peaches and glaze with the syrup. Use a bunsen burner to brown some of the peaches. Arrange the nougat on the plate. Sprinkle with corn and vanilla and garnish with mint leaves.

This recipe was kindly supplied by the Matthaes publishing house from the book "Heiko Antoniewicz, Sous Vide".