

# Strawberry-Cranberry Charlotte Russe

READY IN



1560 min.

SERVINGS



12

CALORIES



398 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 7.5 ounces cranberries fresh
- 10 large egg yolk
- 0.5 teaspoon gelatin powder unflavored
- 0.3 cup grand marnier
- 0.5 cup granulated sugar
- 2 cups cup heavy whipping cream cold
- 144 inch ladyfingers
- 0.5 teaspoon salt fine
- 1 pound strawberries frozen thawed (you will need 2 cups of purée)

- 2 vanilla pod split
- 3 tablespoons water
- 3 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- stand mixer
- spatula
- springform pan

## Directions

- Cut a 13-by-30-inch-long piece of parchment and fold it in half lengthwise. Line the inside of a 9-inch springform pan with the paper collar, placing the folded end down. Secure the ends with a paper clip. Line the pan with the ladyfingers starting along the bottom: Dip both sides of the ladyfingers in the syrup mixture, letting them soak about 2 seconds per side.
- Combine the milk, sugar, vanilla seeds and pods, and salt in a large saucepan and bring to a simmer over high heat, stirring occasionally until the sugar dissolves, about 7 to 8 minutes. Meanwhile, pour the Grand Marnier into a small bowl and sprinkle the gelatin evenly over the surface; set aside.
- Whisk the egg yolks in a medium heatproof bowl until smooth, about 1 minute. Set a fine-mesh strainer over a large heatproof bowl; set aside.
- Remove the milk mixture from the heat and slowly pour about 1 cup into the egg yolks, whisking constantly until smooth.
- Pour the milk-egg mixture back into the pan and cook over low heat, stirring constantly, until the custard thickens slightly and coats the spoon, about 3 to 5 minutes. (When you draw your finger across the spoon, it should make a mark through the custard, which should not run back in on itself.)

- Remove the custard from the heat and pour it through the strainer (don't press on the solids); discard the contents of the strainer.
- Whisk the gelatin mixture into the custard until dissolved and the mixture is smooth, about 2 minutes; set aside. Prepare an ice water bath by filling a large bowl halfway with ice and water.
- Place the custard over the ice water bath and stir often until it's cooled to room temperature, about 15 minutes. When the custard is cooled, add the strawberry purée and whisk until combined.
- Pour the cream into a clean large bowl and whisk to medium peaks. (Alternatively, whisk in the bowl of a stand mixer fitted with a whisk attachment.)
- Add all of the whipped cream to the bowl of strawberry custard. Using a rubber spatula, fold in the whipped cream until evenly combined and no streaks of strawberry or whipped cream remain, scraping the bottom of the bowl as necessary to incorporate the custard. Lightly brush the tops of the exposed ladyfingers with the reserved syrup mixture (you may have some left over).
- Pour the strawberry Bavarian cream into the prepared pan. Refrigerate uncovered until set, at least 4 hours, then prepare the glaze. (Do not make the glaze ahead, or it will set up and be unpourable.) For the cranberry glaze: Set a medium-mesh strainer over a small bowl and set aside.
- Combine the cranberries, sugar, and 3 tablespoons of the water in a small saucepan and bring to a boil over medium-high heat. Reduce the heat to medium low and let simmer, stirring occasionally, until the berries are soft and starting to fall apart and the liquid has thickened slightly, about 10 minutes.
- Remove the pan from the heat.
- Pour the remaining 2 teaspoons of water into a small bowl and sprinkle the gelatin evenly over the surface; set aside.
- Pour the cranberry mixture into the strainer. Using a rubber spatula, push on the cranberry solids and scrape the underside of the strainer until all of the liquid is extracted; set the liquid aside and discard the contents of the strainer.
- Whisk the gelatin mixture into the cranberry mixture until dissolved and smooth. Set aside to cool to room temperature, about 15 minutes.
- Pour the cooled glaze over the surface of the charlotte russe, tilting the pan as needed so that the entire top surface is covered. Refrigerate uncovered overnight. To serve, unlock and remove the outer ring of the springform pan and discard the parchment collar.

Cut the charlotte russe into slices and serve immediately. If displaying the dessert before serving, tie a decorative ribbon around the ladyfingers. The charlotte russe can sit at room temperature for about 30 to 40 minutes before it needs to be rechilled.

## Nutrition Facts

**PROTEIN 9.2%** **FAT 52.57%** **CARBS 38.23%**

### Properties

Glycemic Index:16.09, Glycemic Load:8.43, Inflammation Score:-6, Nutrition Score:11.613043474114%

### Flavonoids

Cyanidin: 8.86mg, Cyanidin: 8.86mg, Cyanidin: 8.86mg, Cyanidin: 8.86mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 1.48mg, Delphinidin: 1.48mg, Delphinidin: 1.48mg, Delphinidin: 1.48mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 9.45mg, Pelargonidin: 9.45mg, Pelargonidin: 9.45mg, Pelargonidin: 9.45mg Peonidin: 8.73mg, Peonidin: 8.73mg, Peonidin: 8.73mg, Peonidin: 8.73mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 398.33kcal (19.92%), Fat: 23.1g (35.54%), Saturated Fat: 12.68g (79.27%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 36.1g (13.13%), Sugar: 16.68g (18.53%), Cholesterol: 272.5mg (90.83%), Sodium: 184.11mg (8%), Alcohol: 1.28g (100%), Alcohol %: 0.74% (100%), Protein: 9.09g (18.19%), Vitamin C: 24.94mg (30.24%), Vitamin B2: 0.38mg (22.26%), Vitamin A: 1070.84IU (21.42%), Phosphorus: 203.98mg (20.4%), Selenium: 10.58µg (15.12%), Vitamin B12: 0.9µg (14.96%), Manganese: 0.3mg (14.75%), Calcium: 141.67mg (14.17%), Vitamin D: 2.07µg (13.8%), Folate: 55.04µg (13.76%), Vitamin B5: 1.19mg (11.92%), Vitamin B1: 0.17mg (11%), Iron: 1.72mg (9.57%), Vitamin B6: 0.17mg (8.29%), Vitamin E: 1.1mg (7.36%), Zinc: 1.09mg (7.27%), Potassium: 252.76mg (7.22%), Fiber: 1.7g (6.79%), Magnesium: 20.66mg (5.17%), Vitamin B3: 0.91mg (4.53%), Copper: 0.08mg (3.99%), Vitamin K: 3.27µg (3.11%)