



Culinary Institute
of America

Meringues & Petit Fours

Day 2



Learning Objectives

- Identify the three types of meringues and describe their methods.
- Explain the concepts of sabayon and pâte à bombe.
- Describe the essential elements of a successful petit four.
- Explain design principles and techniques used in plated desserts.
- Analyze component selection in plated dessert construction.
- Evaluate key considerations when designing a dessert menu.
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

Meringue

- Whipped egg whites + sugar
- Sugar provides taste, stability
- Provides aeration; traps air and leavens when baked
- Short working life, delicate
- 2 parts sugar : 1 part egg whites
 - **More sugar:** denser, glossier
 - **Less sugar:** voluminous, dryer

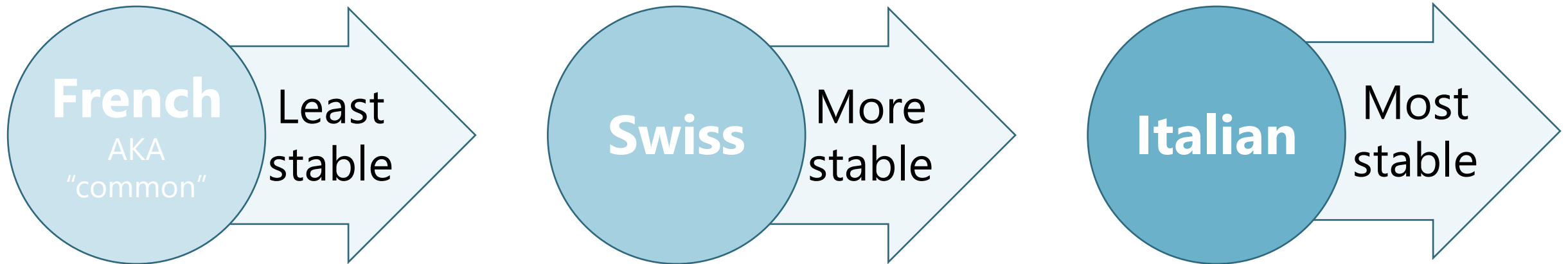


Meringue: **Tips**

- All utensils must be clean, no grease
- Uncontaminated egg whites (no yolks)
- Whip the whites, do not add sugar until they have tripled in volume (no more viscous egg white, all foam)
- If you add the sugar too fast, or too soon, it will not gain volume



Types of Meringues



French Meringue

- Whites are whipped up, and raw sugar is added in a steady stream
- **Not** very stable

Important!

Can only be used in items that are going to be cooked further!



Swiss Meringue

- Egg whites and sugar are heated together over a double boiler to 140°F (60° C) while stirring constantly
- Meringue is then whipped to the desired peak
- Heating makes the whites more elastic and allows the sugar to dissolve
- This meringue is “egg safe”



Italian Meringue

- As the egg whites are whipped, a sugar syrup is cooked to soft ball stage (115°C /240°F)
- The hot syrup is poured over the whipping whites
- Egg safe, and the most stable of the three meringues



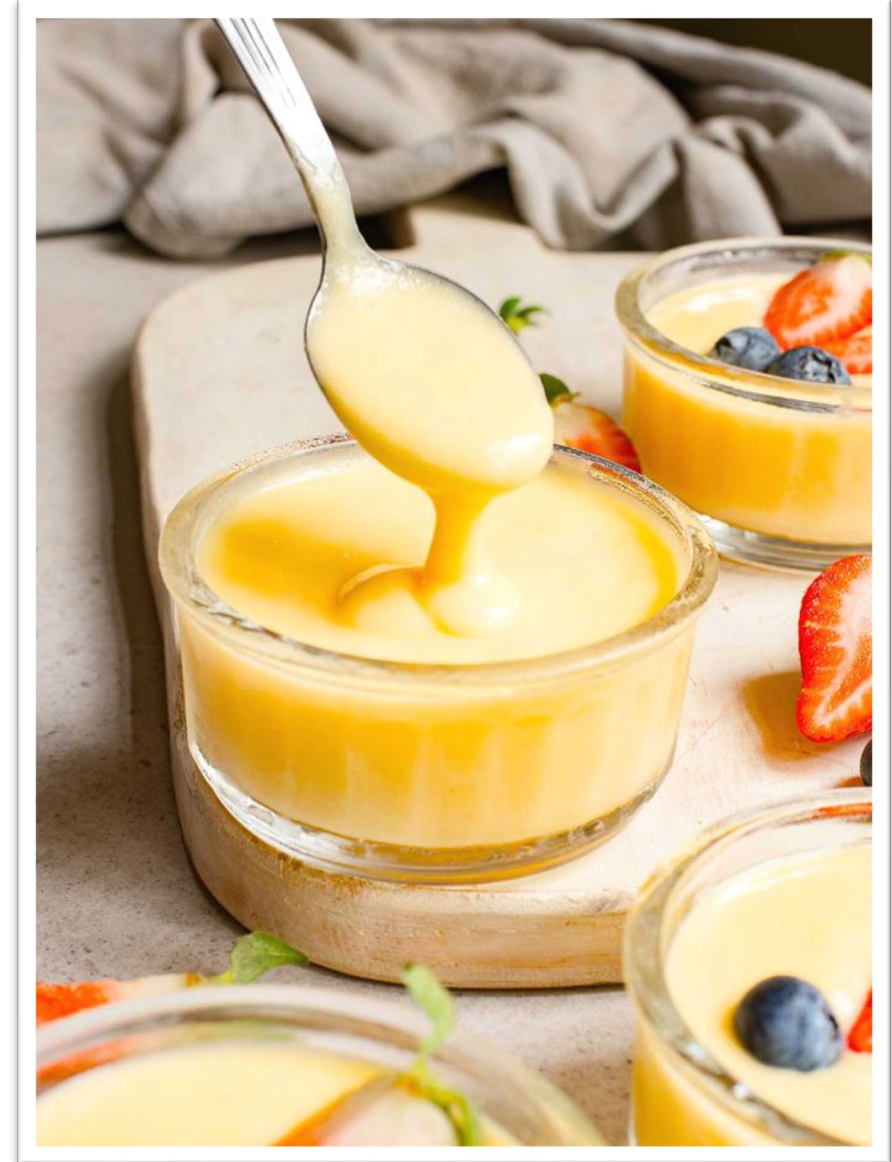


Sabayon & Pate a Bomb



What is a Sabayon?

- Sabayon is yolks and sugar heated over a water bath to 140°F, then whipped to cool
- Sometimes alcohol is added, traditionally Champagne
- Sometimes there are whole eggs as well as yolks



What is a Pate a Bomb?

- Pate a bomb is egg yolks, whipping, with soft ball sugar streamed in, then whipped to cool
- Alcohol can be added
- Sometimes there are whole eggs as well as yolks





Petit Fours



Petit Fours

(Mignardise)

A one or two bite sweet item traditionally served at the end of a meal



Petit Fours: Overview

- Petit fours are delicate, one-to-two-bite French pastries or confections
- Traditionally served after meals or with tea
- "Petit four" literally translates to "small oven" in French
- They are categorized into glacés (iced), secs (dry), frais (fresh), and déguisés (coated fruits)
- Variants offer an eye-catching display of meticulous pastry artistry



Petit Fours: History

- Traditionally, Petit Fours refer to small, layered sponge cakes filled with jam or buttercream, covered in fondant or chocolate, and intricately decorated
- These are called Petit Four Glace
- Originating in the 18th century, French bakers used the residual heat of cooling brick ovens (“small ovens”) to bake small pastries and cookies, rather than wasting the heat after baking large bread batches



Petit Fours: Main Types



Petits Fours Glacés (Iced):

The most traditional type

Small, layered sponge cakes filled with jam or buttercream

Covered in fondant or chocolate, and intricately decorated



Petits Fours Secs (Dry):

Dry, crisp biscuits or cookies

Includes macarons, palmiers, tuiles, and sable biscuits



Petits Fours Frais (Fresh):

Small, moist pastries that are best eaten on the day they are made

Includes mini eclairs, fruit tarts, madeleines, or financiers

Petit Fours: Main Types



Petits Fours Déguisés (Disguised):

Fresh or dried fruits coated in sugar
or chocolate

Includes candied fruits or
chocolate-covered strawberries



Petits Fours Sales (Savory):

Savory bite-sized appetizers

Includes tiny quiches or cheese-
filled puff pastry

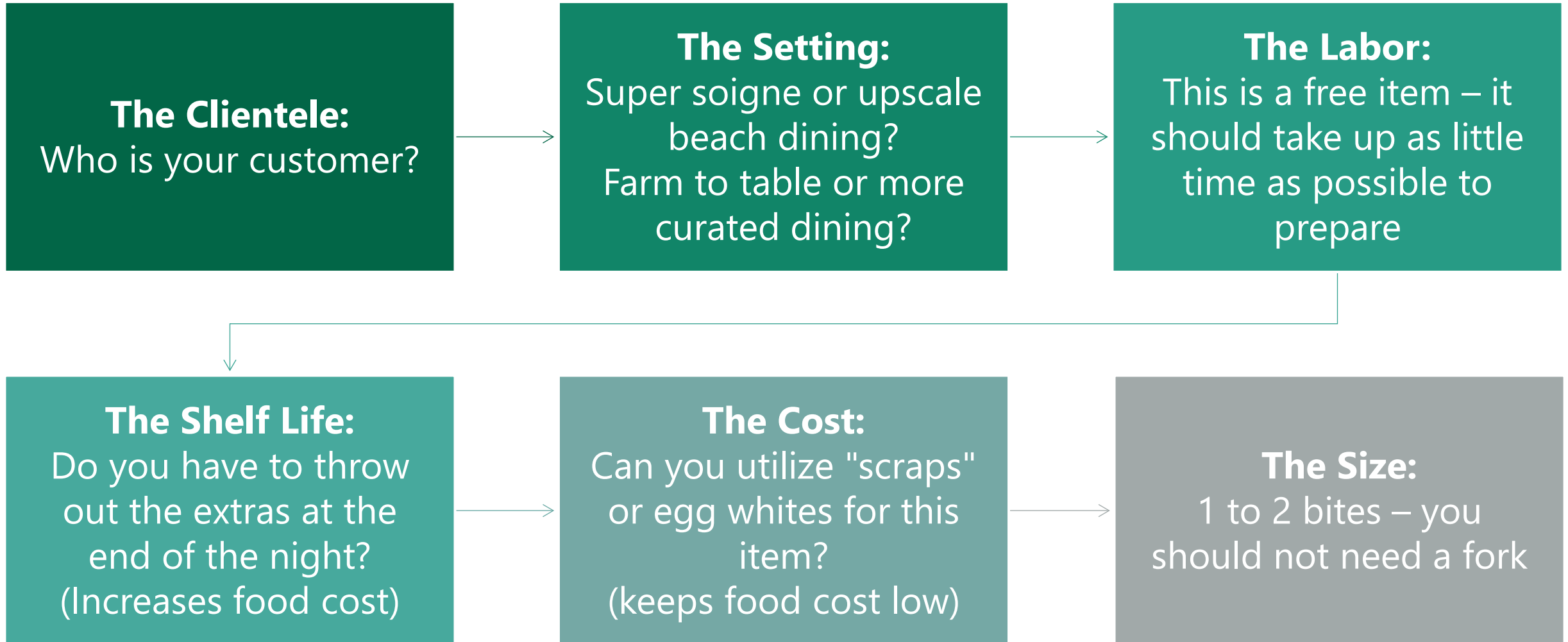
Petit Fours are usually a gift or “thank you” from the chef

When making a Petit Four, consider...

- The Cliental
- The Setting
- The Labor
- The Shelf Life
- The Cost
- The Size



Things to Consider



The Final Impression



Daily Plan: **Chef Demos**

- Reconstituting Whipped Ganache
- Lining Tart Rings

Daily Plan: Production Assignments

1

Team

- Graham Cracker Crumble
- Reconstitute Coulis
- Whipped Ganache
- Reconstitute Cheesecake
- Cut Fresh, Local Fruit

2

Team

- 'Ulu Shortbread
- Cut Fresh, Local Fruit

3

Team

- Reconstitute Rice Pudding
- Bake Crumble
- Assemble Glasses

4

Team

- Bake Chocolate Tart Dough
- Dark Chocolate Whipped Ganache
- Cocoa Soil
- Paddle Milk Chocolate-Caramel Ganache
- Paddle Chantilly



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Any Questions?