

Best Dessert 2025 CATIE Awards

Black Sesame Sablée



CONCEPTING

While brainstorming chocolate desserts, our Executive Pastry Chef was looking to create something familiar, and unexpected. During this same time, she was preparing Black Sesame shortbread cookies for an event and placed some out for a tasting. The feedback was so positive, she thought she'd incorporate them into a dessert for our Research & Development menu.



PRODUCTION

For an event, the chocolate and black sesame tarts are prepped in the commissary kitchen, where the tart shells, chocolate filling, and black sesame components are made in advance. The shells are baked and filled with the chocolate filling, then stored and chilled for transport. On-site, the tarts are garnished and plated for final presentation, ensuring freshness and an elegant finish.



ORIGINALITY

The Black Miso Sablée is a testament to innovation in the artistry of dessert-making—melding the familiar with the unexpected. This dessert draws inspiration from the rich, nutty allure of Black Sesame shortbread cookies. Crafted with precision, the tart's components—black sesame-infused sableé, velvety chocolate filling, and harmonious garnishes—are a study in balance, ensuring no single element dominates the palate.



CHALLENGES

One of the primary obstacles of the dish is achieving the perfect balance of flavors and textures, ensuring no single component overpowers the others. This can be overcome by carefully measuring ingredients, tasting as you go, and adjusting to achieve harmony. Another challenge can be the delicacy of the dessert or achieving the right consistency in a filling, which can be resolved through practice and precision. Lastly, time management is key—preparing components ahead of time can reduce stress and ensure the final assembly goes smoothly.

Recipe

Black Sesame Sablée

Ingredients

- ½ cup black sesame seeds
- ½ cup granulated sugar
- 1 cup unsalted butter, softened
- ¼ cup powdered sugar
- 1 large egg yolk
- 1 tsp vanilla extract
- ¼ tsp salt
- 1 ¾ cups all-purpose flour

Instructions

1. Prepare the chocolate.
 - Place the chopped Jivara Valrhona milk chocolate in a heatproof bowl.
2. Grind the sesame seeds.
 - Blend or grind the toasted sesame seeds with the granulated sugar in a food processor until fine.
3. Cream the butter and sugar.
 - In a mixing bowl, cream the softened butter, powdered sugar, and sesame-sugar mixture together until light and fluffy.
4. Add the egg yolk and vanilla.
 - Beat in the egg yolk and vanilla extract until fully incorporated.
5. Mix in the dry ingredients.
 - Sift together the flour and salt. Gradually add it to the wet mixture and mix until a dough forms.
6. Shape the dough.
 - Divide the dough in half and roll each portion into a log about 1.5 inches (4cm) in diameter. Wrap tightly in plastic wrap and chill for at least 2 hours (or overnight) until firm.
7. Slice and bake.
 - Preheat the oven to 350 degrees F. Line baking sheets with parchment paper.
 - Slice the chilled dough into ¼ inch thick rounds and place them on the baking sheets about 1 inch apart.
8. Bake.
 - Bake for 12-15 minutes or until the edges are lightly golden. Let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Milk Chocolate Cremeux

Ingredients

- 6 oz Jivara Valrhona milk chocolate, finely chopped
- 1 cup heavy cream
- ½ cup whole milk
- 3 large egg yolks
- 2 tbsp granulated sugar
- ½ tsp vanilla extract
- Pinch of sea salt

Instructions

1. In a dry skillet over medium heat, toast the black sesame seeds until fragrant, about 2-3 minutes. Stir constantly to prevent burning. Let cool.
2. Heat the cream and milk.
 - In a medium saucepan, gently heat the heavy cream and whole milk over medium heat until it just begins to simmer (avoid boiling to preserve the cream's delicate flavor).
3. Whisk the egg yolks and sugar.
 - In a separate bowl, whisk the egg yolks and sugar together until pale and slightly thickened.
4. Temper the egg mixture.
 - Slowly pour about ⅓ of the hot cream mixture into the egg yolk mixture while whisking continuously. This prevents the eggs from curdling. Return the tempered mixture to the saucepan.
5. Cook the custard.
 - Cook over low heat, stirring constantly with a silicone spatula, until the custard thickens enough to coat the back of a spoon. This happens at 170 - 175 degrees F.
6. Melt the chocolate.
 - Pour the hot custard over the chopped Jivara chocolate. Let it sit for 1-2 minutes to gently melt, then stir until smooth and glossy.

Black Sesame Tuille

Ingredients

- Black Sesame Tuille:
- 250 g Butter
- 300 g Sugar
- 100 g Glucose
- 100 g Heavy Cream
- 130 g Black Sesame Seeds
- 130 g White Sesame Seeds
- 5 g Cocoa butter

Instructions

1. Melt butter, sugar & glucose. Add heavy cream and cook the mixture to 105c.
2. Add the sesame seeds and cocoa butter.
3. Spread about 1/4c of the tuile batter onto a sheet pan with a silpat.
4. Bake at 325 for 8-10 minutes or until golden.
5. Allow to cool completely. Break into desired pieces.
6. Final finishing/ assembly.
 - Add fresh violas and gold leaf.

Miso Caramel

Ingredients

- 1 cup granulated sugar
- ¼ cup water
- ½ cup heavy cream
- 2 tbsp unsalted butter
- 1 tbsp white miso paste
- ½ tsp vanilla extract

Instructions

1. Cook the sugar
 - Combine the sugar and water in a medium, heavy-bottomed saucepan over medium heat. Stir gently to dissolve the sugar, then stop stirring. Let the mixture simmer until it turns a deep amber color (5-8 minutes). Watch closely to avoid burning.
2. Add the cream.
 - Carefully pour the warmed heavy cream into the caramel. It will bubble vigorously, so stir continuously until the mixture smooths out.
3. Incorporate the butter.
 - Reduce the heat to low and whisk in the softened butter until fully melted and combined.
4. Add the miso.
 - Remove the pan from heat and whisk in the miso paste until it dissolves completely, ensuring no lumps remain.
5. Flavor and cool.
 - Stir in the vanilla extract, if using. Let the caramel cool for 10-15 minutes before transferring it to a jar or serving.