Peach Melba Gelatin Crown

One vanilla-peach crown, about 3 cups (700 ml), with ½ cup (120 ml) raspberry sauce; 6 modest desserts · Active 45 min · Total 11 hr 30 min

Ingredients

- Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 1 cup pasteurized whole milk (240 ml), divided
- ½ cup pasteurized heavy cream (120 ml), kept cold
- 3 tablespoons plus ½ teaspoon granulated sugar (40 g), for cream base
- 1 teaspoon vanilla extract (5 ml)
- 1 cup ready-to-eat canned peach dice AFTER draining (180 g), packed in juice, patted dry
- 5¼ oz frozen raspberries (150 g), for sauce
- 2 tablespoons drinking water (30 ml), for sauce; extra only if needed to reach 120 ml final strained sauce
- 1 tablespoon plus ½ teaspoon granulated sugar (15 g), for sauce
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Sieve and clean towel, Knife and board, Small gelatin saucepan, Berry saucepan and fine sieve, Mixing bowl and whisk, Shallow sauce cooling container, Scale and measuring jug, Metal ring mold of at least 1-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Drain/dry peaches, dice small and weigh 180 g; keep cold. Check mold capacity, dry and oil lightly. Bloom gelatin over 90 ml cold water in saucepan 5–10 minutes. Add 120 ml milk and 40 g sugar, warm gently while stirring until dissolved, about 120–140°F (50–60°C), and remove before boiling. Add remaining 120 ml cold milk, cream and vanilla.

2. Refrigerate 15–30 minutes until cool and lightly thickened. Fold in cold dry peach dice. Spoon into ring with at least ½ inch (1.25 cm) headroom; refrigerate excess separately. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm.

3. For sauce, simmer frozen raspberries with 30 ml cooking water and 15 g sugar until bubbling throughout, then simmer 5 minutes or follow longer packet heating. Press through fine sieve and discard seeds. Measure strained sauce; simmer briefly to reduce if above 120 ml or top up with safe water if short, ending at 120 ml. Transfer to shallow covered container and refrigerate promptly until cold.

4. Allow 11½ hours total. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 6 modest dessert slices and serve each with 20 ml cold raspberry sauce (one tablespoon plus one teaspoon), spooned beside it.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Read canned peach, berry, milk, cream, extract and gelatin labels.

A useful detail

Ring uses 12 g gelatin with 90 ml water + 240 ml milk + 120 ml cream, 40 g sugar and 180 g peach, roughly 700 ml. Separate fully cooked strained sauce is measured to 120 ml for six 20 ml servings and never folded into the ring.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water. Keep sauce separately covered at 40°F (4°C) or below and use within 2 days of its cooking or an earlier ingredient deadline.