



ESTIMAR'S DESSERTS

ESTIMAR CHEESECAKE
€16

HOMEMADE CREAMY FLAN
€12

RICE PUDDING
€12

CHOCOLATE CAKE
€16

KEY LIME CAKE
€14

VANILLA ICE CREAM MILLE-FEUILLE
€18

ESTIMAR FRENCH TOAST
€14

MADAGASCAR VANILLA ICE CREAM
€12

CHEESE SELECTION
€20

VANILLA ICE CREAM BONBONS
€8

CATALAN STYLE PINEAPPLE
23€



ESTIMAR CHEESECAKE

INGREDIENTS

For the base

400 g flour
400 g almond flour
400 g butter
400 g sugar
20 g salt

For the tart

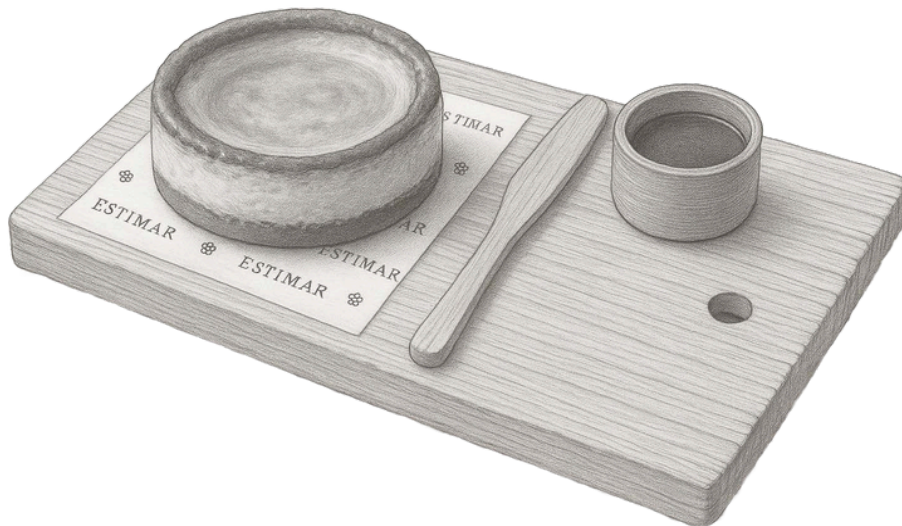
2000 g cream cheese
8 eggs
600 g sugar
240 g flour
400 g butter
3 vanilla pods
Zest of 1 lemon
Zest of 1 lime
Zest of 1 orange

PREPARATION

- Mix all the ingredients
 - Spread the batter into the cake tin
 - Bake at 180°C until cooked through
 - Remove from the oven and set aside
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- Mix the cream cheese with a whisk and gradually incorporate the eggs, sugar, and flour
 - Once well combined, add the vanilla pods, citrus zest, and butter
 - Pour the mixture into the prepared pan and bake at 180°C
 - Remove from the oven and let cool

FINISHING AND PRESENTATION

- Serve at room temperature with strawberry jam



E S T I M A R

RAFA ZAFRA

HOMEMADE CREAM FLAN

INGREDIENTS

For the caramel

500 g sugar

12 ramekins

For the flan mixture

1L cream

180 g pasteurized egg

yolks

160 g sugar

For the flan

12 ramekins with
caramel

1L flan mixture

PREPARATION

- Place the sugar in a pan and caramelize it
- Fill the ramekins with the caramel.
- Let cool and mix all the ingredients in a bowl
- Fill the ramekins to the top
- Wrap the ramekins in plastic wrap and steam at 90°C
- Let cool in the refrigerator for at least 3 hours



ESTIMAR

RAFA ZAFRA

RICE PUDDING

INGREDIENTS

For the rice pudding

1500 ml whole milk

150 g rice

200 g sugar

2 cinnamon sticks Zest of one orange

For the rice pudding ice cream

350 g liquid base from the rice pudding

Other ingredients:

Lemon

Orange

Cinnamon powder

PREPARATION

- Mix all the ingredients in a pot and cook for 35 min
- Remove from the heat and let cool
- Set aside the rice and the liquid
- Freeze the cooking liquid
- Place 100g of rice pudding in a bowl
- Turbine the ice cream in the Paco-Jet and cover the rice pudding with it
- Finish with lemon and orange zest and cinnamon powder



E S T I M A R

DAFA 7AFRA

CHOCOLATE CAKE

INGREDIENTS

For the chocolate cream

200 g cream

60 g sugar

450g water

200 g pasteurized egg yolk

400 g dark chocolate

For the cocoa sable dough

100g butter

90 g sugar

50 g salt

240 g flour

25 g cocoa

For the crumble

1 Jijona nougat tablet

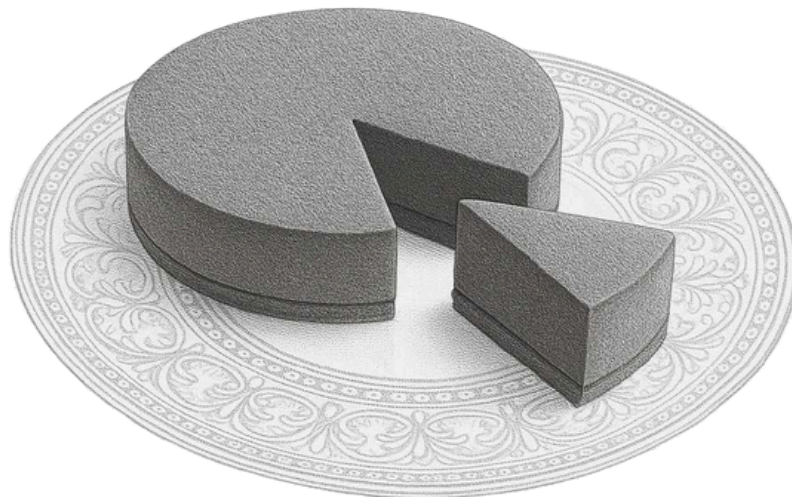
450 g cocoa Sable

PREPARATION

- Melt the chocolate
- Mix the water, cream, sugar, and egg yolks in a bowl
- Add all the melted chocolate
- Fill the molds and steam
- Mix the butter, sugar, and salt
- Add the flour and cocoa powder
- Bake at 180°
- Mix the Jijona nougat paste until you get a smooth cream, then add the sable

FINISHING AND PRESENTATION

- Remove the tarts from the molds and place a layer of crumble on top
- Sprinkle with cocoa and serve on a plate



ESTIMAR

RAFA ZAFRA

KEY LIME PIE

INGREDIENTS

For the biscuit base

1 package of Maria biscuits

110 g butter

For the tart

6 egg yolks

760 g condensed milk

2 limes

240 ml lime juice

For the meringue

80 g egg whites

120 g sugar

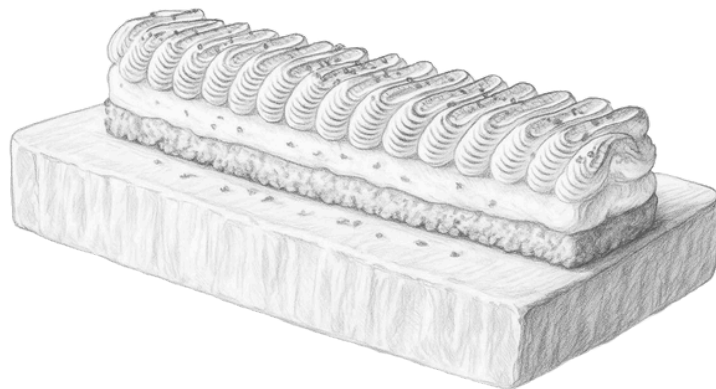
40 g water

PREPARATION

- Melt the butter
- Crush the Maria cookies
- Mix both ingredients and spread onto a baking tray
- Let it cool in the refrigerator
- In a bowl, place the condensed milk and add the zest and juice of the limes
- Incorporate the egg yolks and mix well
- Pour over the cookie base. Bake at 150 °C

FINISHING AND PRESENTATION

- Let cool completely before serving.
- If desired, top with whipped meringue and caramelize with a blowtorch



E S T I M A R

R A F A Z A F R A

VANILLA ICE CREAM MILLEFEUILLE

INGREDIENTS

For the puff pastry

Puff pastry dough

Icing sugar

For the parfait

800 g milk

120 g sugar

5 vanilla pods

125 g egg yolks

5 gelatin sheets

For the Italian meringue

80 g water

240 g sugar

200g egg whites

For the toffee

300 g sugar

200 g cream

100 g butter

PREPARATION

- Cut the puff pastry into strips and place them on baking paper
- Sprinkle with powdered sugar
- Bake at 180°C until golden brown, then let cool
- Hydrate the gelatin
- Mix the egg yolks with the sugar and set aside
- Infuse the milk with the vanilla and add it to the egg yolks
- Add the gelatin and let cool
- Whip the cream and fold it into the previous mixture and freeze
- Beat the egg whites until stiff peaks form
- Make a syrup with the water and sugar
- Gradually fold the syrup into the beaten egg whites until you obtain a firm meringue
- Make a caramel with the sugar and gradually add the hot cream, stirring constantly
- Boil for a few minutes and add the butter
- Pour into a bowl and let cool

FINISHING AND PRESENTATION

- Layer 2 sheets of parfait with 3 sheets of puff pastry
- Decorate with toffee and serve



E S T I M A R

RAFA ZAFRA

ESTIMAR FRENCH TOAST

INGREDIENTS

For the soaking liquid

1 L milk
1 kg cream
160 g sugar
2 vanilla pods

For the French toast dough

80 g rustic bread
250 g soaking liquid
2 egg yolks

Extras

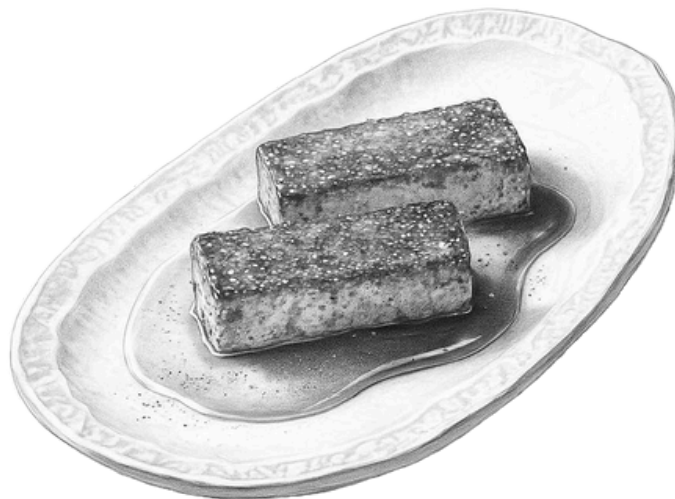
Butter
Cinnamon powder
Sugar

PREPARATION

- In a bowl, mix the egg yolks and sugar
- Heat the milk and cream with the vanilla until it reaches 82°C
- Add it to the egg yolk and sugar mixture and mix
- Return to the heat and cook until it has the consistency of custard
- Remove from the heat and store in a container in the refrigerator
- Cut the bread into pieces
- Soak the French toast pieces in the soaking liquid and drain
- Store in a container in the refrigerator

FINISHING AND PRESENTATION

- Place a knob of butter in a frying pan and heat
- Brown the French toast on all sides and remove
- Sprinkle with sugar and caramelize with a kitchen torch. Serve
- Finish with cinnamon powder



E S T I M A R

R A F A Z A F R A

MADAGASCAR VANILLA ICE CREAM

INGREDIENTS

For the ice cream

600 ml milk
600 ml cream
130 g sugar
2 vanilla pods
120 g egg yolks

For the cookies

160 g butter
190 g sugar
1 egg
2 vanilla pods
225 g flour
250 g milk chocolate
30 g cream

PREPARATION

- Mix the egg yolks and sugar in a bowl
 - In a saucepan, infuse the milk with the vanilla
 - When the milk is hot, pour it over the sugar and egg yolks
 - Cook until it reaches the consistency of custard
 - Let it cool and freeze
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- In a bowl, mix the butter, sugar, egg, and vanilla
 - Add the flour and then the chopped chocolate
 - Combine everything and let it rest for 2 hours
 - Roll out the dough and cut it into squares
 - Bake at 180°C

FINISH AND PRESENTATION

- Churn the ice cream at the moment
- Serve with cookies



ESTIMAR

RAFA ZAFRA

VANILLA ICE CREAM BONBONS

INGREDIENTS

For the crème anglaise

2 vanilla pods

4 egg yolks

400 g milk

60 g sugar

For the parfait

20 g water

175 g cream

50 g sugar

40 g egg whites

200 g crème anglaise

For the chocolate coating

200 g chocolate coating

100 g cocoa butter

For the seaweed salt

Nori seaweed

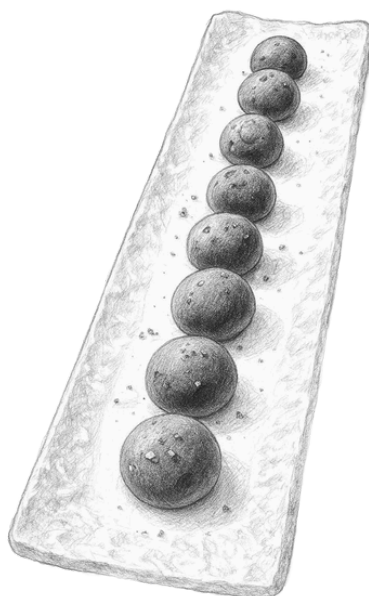
Flaked salt

PREPARATION

- Mix the egg yolks and sugar in a bowl.
- In a saucepan, infuse the milk with the vanilla.
- When the milk is hot, whisk it over the sugar and egg yolks
- Cook until it reaches the consistency of custard
- Beat the egg whites until stiff peaks form
- Make a syrup with the sugar and water and fold it into the beaten egg whites
- Whip the cream and fold it into the custard mixture, then fold in the remaining ingredients
- Fill the molds and freeze
- Melt the cocoa butter and chocolate
- Grind the seaweed and mix it with the flaked salt

FINISHING AND PRESENTATION

- Unmold the chocolates and coat them with chocolate and freeze
- When ready to serve, finish with a pinch of seaweed salt on each chocolate



E S T I M A R

RAFA ZAFRA

CATALAN STYLE PINNEAPPLE

INGREDIENTS

For the pineapple
1 pineapple

For the crema catalana
500 ml milk
150 g sugar
1 g gelatin
2 vanilla pods
60 g egg yolks

For the sorbet
150 g sugar
125 g butter
2 pineapples

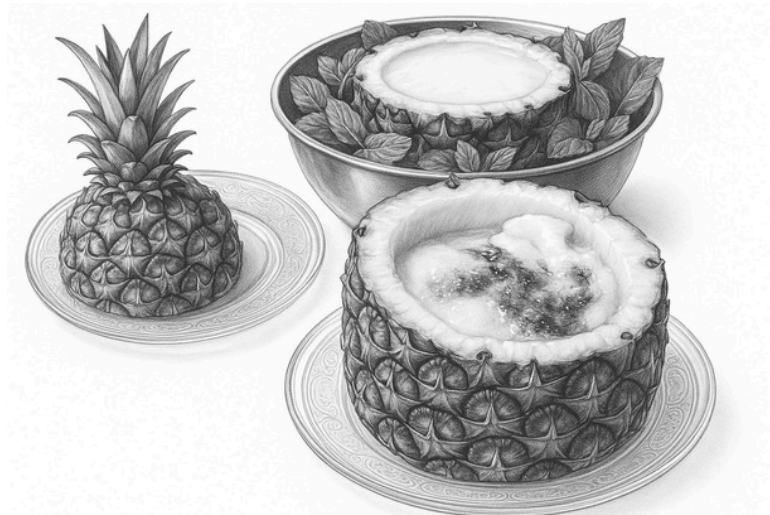
Extras
10 mint leaves
40 g sugar
Blowtorch

PREPARATION

- Cut off the top of the pineapple and set aside to use as a lid
- Cut out the center of the pineapple, leaving a 5cm base
- Scoop out the flesh from both the pineapple and the core without cutting all the way through
- Cut the pulp into 2x2 cm cubes
- Store in an airtight container
- Heat the milk and infuse it with vanilla
- Add the egg yolks and sugar and cook until it has the consistency of custard
- Add the gelatin, let it cool, and refrigerate
- Peel the pineapple and cut it into cubes
- Roast it with butter at 180 °C
- Blend, strain and freeze

FINISH AND PRESENTATION

- In a bowl with ice and garnished with mint leaves, place the pineapple base filled with the sorbet
- Cover with the center section filled with pineapple cubes and top with the crema catalana
- Sprinkle with sugar and caramelize with a kitchen torch
- Cover with the top section and serve



ESTIMAR

PAFA 7AFRA

CHEESE SELECTION

INGREDIENTS

For the cheeses

80 g Sierra de Gata cheese from Cáceres

80 g Irish blue Cozier cheese

80 g cured goat cheese with paprika

80 g semi-cured Payoyo cheese

For the toast

1 cristal bread

Extras

20 g honey

50 g quince paste

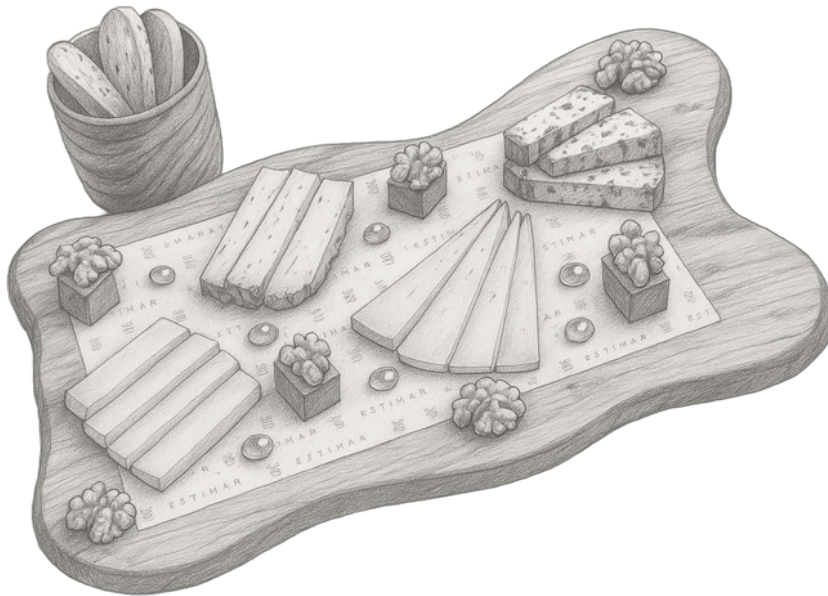
6 walnuts

PREPARATION

- Remove the rind from each wedge
- Cut the cheeses into irregular portions
- Slice the bread very thinly, about 5 mm thick
- Arrange on a baking sheet and bake at 170 °C
- Let cool and store in an airtight container

FINISH AND PRESENTATION

- Arrange the cheese wedges and chunks on the board
- Garnish with honey drizzles, quince paste pieces, and walnuts
- Serve with toasted Cristal bread



ESTIMAR

RAFA ZAFRA