

Baba Au Rhum

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-baba-au-rhum-recipe>

Ingredients:

- 9/16 cup dark rum 1/2 cup
- 5/8 cup water 3/4 cup
- 3/4 cup brown sugar 1/2 cup
- 1 inch ginger piece of
- 1 Orange cut into medium pieces
- orange juice small squeeze of the, to taste
- 4 whole allspice
- 4 cloves
- 1 cinnamon stick
- 1 teaspoon yeast
- 3 tablespoons milk
- 1 cup flour about 1 cup
- 1/2 cup sugar about 1/2 cup
- 2/3 tablespoon baking powder
- 3 egg yolks
- 3 egg whites
- 3 1/2 tablespoons melted butter
- 1 cup water
- 9/16 cup sugar
- 3 1/3 tablespoons pectin NH, or regular pectin if you cannot find pectin NH
- 1/2 lemon ~15 grams
- 2 cups heavy cream ~1/2 pint
- 4 tablespoons sugar
- 1 vanilla bean pod or 1 tsp extract
- 1/2 teaspoon gelatin bloomed in cold water to stabilize, optional

Nutrition:

1. Calories: 1260 calories
2. Carbohydrate: 139 grams

3. Cholesterol: 385 milligrams
 4. Fat: 68 grams
 5. Fiber: 5 grams
 6. Protein: 14 grams
 7. SaturatedFat: 41 grams
 8. Sodium: 470 milligrams
 9. Sugar: 98 grams
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