adamance
fruits du bon sens

Apricot cream

Description

This fruit cream has a similar creamy texture to products with higher fat contents. Several factors have come together to make this possible. First, the konjac thickens the mix and gives it the kind of silkiness that would characterize a higher-fat product. The agar-agar helps a gel to form and, because it is used in very small doses, it is not as firm as you might commonly expect. The coagulated egg whites help to balance out the textures and boost the product's creamy mouthfeel.

Suggested uses

- Plated desserts
- Desserts, tarts and mini gateaux
- Tiny after-dinner format
- Dessert glasses

Apricot cream

82.2% FRUIT PURÉE

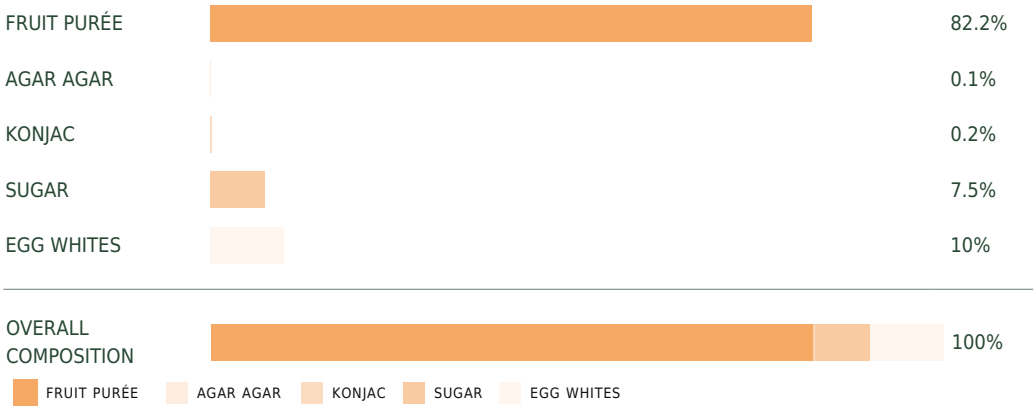
8% ADDED SUGAR

Ingredients

Apricot purée, Sugar, Egg whites, Konjac, Agar agar

NON-FREEZABLE

Overall composition



Composition	1000 g	100%
Sugar	75 g	7.5%
Agar agar	1.5 g	0.2%
Konjac	2 g	0.2%
Apricot purée	821.5 g	82.2%
Egg whites	100 g	10%

Technique

Mix the sugar, agar-agar and konjac, then sprinkle them onto the fruit purée, mixing all the while, until homogenous.
Heat to 185°F (85°C), still stirring continuously, and combine with the egg whites.
Mix again with a stand mixer. Heat to 180°F (82°C) as you would for a crème anglaise, then immediately pour out.
Store at 40°F (4°C).

Trick

You can also make a sugar crisp to go on your fruit cream. This creates a crème brulée-like effect, with silky cream and crispy caramel. Use a fine sieve to sprinkle a covering of dehydrated glucose onto a silicone mat, followed by a sprinkling of sugar (approx. 15g of dehydrated glucose and 5g of sugar for a 30 x 40cm surface). Use a cutter or ruler to sketch out shapes, then singe with a blowtorch.



FRUIT PURÉE USED

Flavor cot and Lido Apricot

TASTING TEMPERATURE

Chilled

WAYS OF CONSUMING

On site ,
Takeaway

STRENGHTS

Fruit intensity ,
New use