adamance
fruits du bon sens

Apricot Espuma

Description

Foams (or espumas, as they are sometimes known) are mousses that have been whipped more than usual, giving them varying levels of stability. Siphons are used to dissolve a gas in a mixture made using any ingredient, making them a particularly flexible tool. The factors which determine the amount of air in the “mousse” and its stability include the amount of fat it holds, its viscosity, the structure of the gel or emulsion, the amount of incorporated gas and the product’s lifespan once the siphon is pressurized.

Suggested uses

- Plated desserts
- Show cooking

Apricot Espuma

84% FRUIT PURÉE

15% ADDED SUGAR

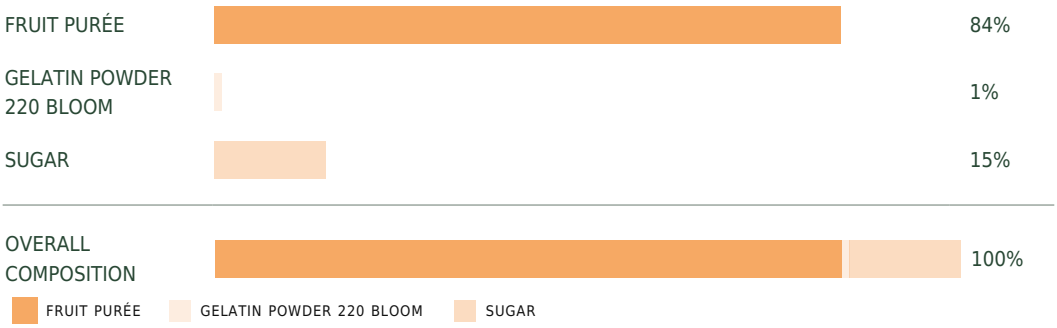
Ingredients

Apricot purée, Sugar, Gelatin powder 220 Bloom

FREEZABLE

400% EXPANSION WHEN WHIPPED

Overall composition



Composition	1000 g	100%
Gelatin powder 220 Bloom	10 g	1%
Apricot purée	300 g	30%
Sugar	150 g	15%
Apricot purée	540 g	54%

Expansion when whipped 400%

Technique

Sprinkle the gelatin onto the smaller portion of fruit purée (40°F or 4°C), then leave it for 15 to 20 minutes until it is hydrated.
Heat the mixture to between 120 and 140°F (50 and 60°C) so that the gelatin melts, add the sugar, then combine it with the second portion of purée (40°F or 4°C).
Homogenize with a mixer. Pour it into a siphon, put in place 2 gas cartridges and store in the refrigerator.



FRUIT PURÉE USED
Flavor cot and Lido Apricot

TASTING TEMPERATURE
Chilled ,
Iced

WAYS OF CONSUMING
On site

STRENGHTS
Fruit intensity ,
Easy and quick to make