

Banana fruit cream

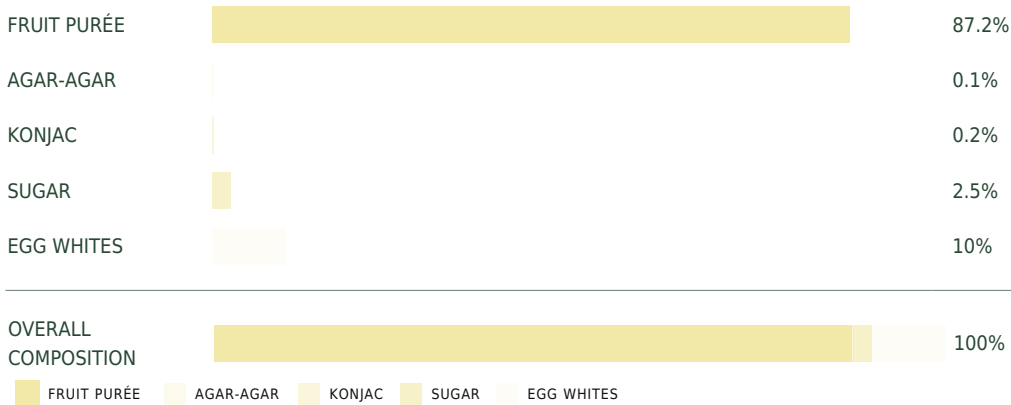
Description

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

Overall composition



Banana fruit cream

Composition	1000 g	100%
Sugar	25 g	2.5%
Agar-agar	1 g	0.1%
Konjac	2 g	0.2%
Banana puree	872 g	87.2%
Egg whites	100 g	10%

Technique

Mix the sugar, agar-agar and konjac, then sprinkle them onto the banana 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

It is possible to make a sugar tile that can be placed on the fruit cream. In this way, the crème brûlée world is found, with a silky cream and the crunchiness of caramel.

Banana fruit cream

87.2%

FRUIT PURÉE

2.5%

ADDED SUGAR

Ingredients

Sugar, Agar-agar, Konjac, Banana puree, Egg whites

NON-FREEZABLE



FRUIT PURÉE USED
Banana Cavendish

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGTHS
Fruit intensity ,
New use