

Bergamot Iced Mousse

Description

Fruit iced mousse is based on the same principles as standard fruit mousse. It is made with fruit purée, meringue and cream. The balancing is different, however, with a higher overall sugar content in order to control the texture, which must be optimum at low temperatures.

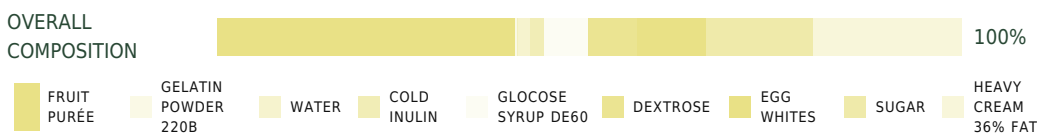
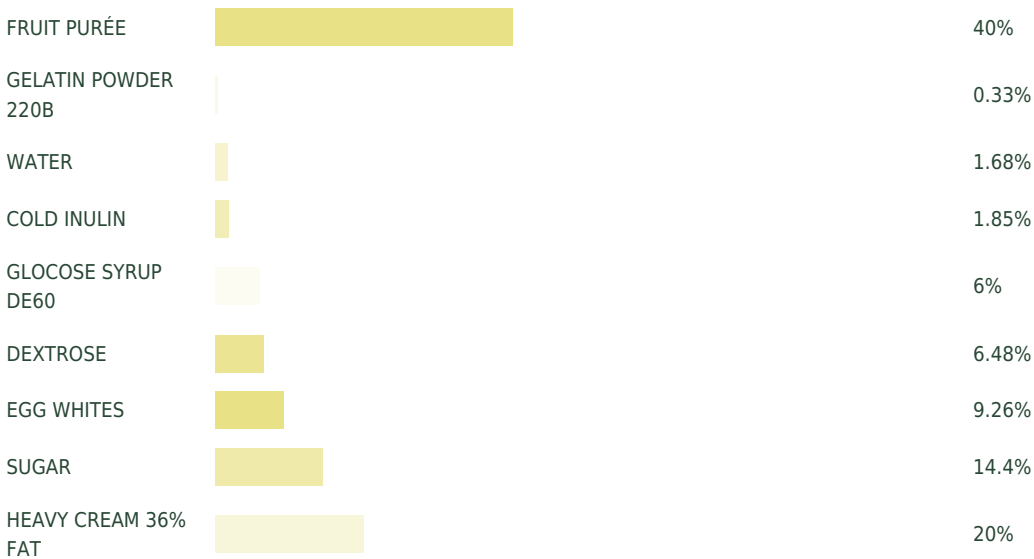
Unlike most other products in the ice cream world, this recipe doesn't require the use of specialized equipment like a churner, since the meringue and cream allow the mixture to expand sufficiently.

It lends itself particularly well to the creation of "frozen pastries". Maximum recommended shelf life: 4 months.

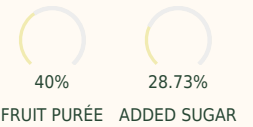
Suggested uses

- Plated desserts
- Ice cream
- Dessert glasses

Overall composition



Bergamot Iced Mousse



Ingredients

Bergamot purée, Heavy cream 36% , Sugar, Gelatin powder 220 Bloom, Egg whites, Glucose syrup DE60, Dextrose, Cold Inulin, Water



Step 1

Swiss meringue for ice cream

Composition	250 g	100%
Egg whites	92.6 g	37.04%
sugar	74.08 g	29.63%
Dextrose	64.83 g	25.93%
Cold Inulin	18.50 g	7.4%

Expansion when whipped 240%

Technique

Place all the ingredients in a mixing bowl.

Heat in a bain-marie until the mixture reaches 120/130°F (50/55°C), whisking constantly. Beat at medium speed with a mixer until cool (approx. 85°F or 30°C).

Step 2

Whipped cream

Composition	200 g	100%
Heavy cream 36%	200 g	100%

Expansion when whipped 250%

Technique

Whip the cream at 40°F (4°C) on medium speed until frothy.

Step 3

Iced mousse

Composition	1000 g	100%
Gelatin powder 220 Bloom	3 g	0.33%
Bergamot purée	400 g	40%
Sugar	70 g	7%
Glucose syrup DE60	60 g	6%
Swiss meringue	250 g	25%
Whipped cream	200 g	20%
Water	17 g	1.67%

Expansion when whipped 185%

Technique

Sprinkle the gelatin over the smaller portion of bergamot purée once it reaches 40°F (4°C), then wait 15 to 20 minutes for the gelatin to hydrate.

Heat the mixture to 120/140°F (50/60°C) to melt the gelatin, then combine it with the second portion of purée at 40°F (4°C).

Add the sugar, then the glucose syrup, and blend until smooth.

Combine approx. a third of the fruit purée with the Italian meringue and start whisking them so their textures become consistent.

Add the remaining fruit purée and mix with a spatula, then finish off by gently incorporating the whipped cream so you lose as few air bubbles as possible. Pour out immediately.



FRUIT PURÉE USED

Fantastico & Femminello Bergamot

TASTING TEMPERATURE

Iced

WAYS OF CONSUMING

On site ,
Takeaway

STRENGTHS

Fruit intensity