

# Intense lychee mousse

## Description

This mousse uses traditional techniques to create a fruity flavor. It has a purée fruit base, as well as two whisked ingredients - whipped cream and the Italian meringue - and the whole thing is jellied using gelatin.

It has a stronger fruity intensity than standard recipes. This is thanks to its high fruit purée content, which has been achieved by optimizing various elements of the recipe. By replacing 40% of the cream with fruit purée in the fruit-flavored whipped cream, not only have we added more aromatics, we have reduced the amount of fat too.

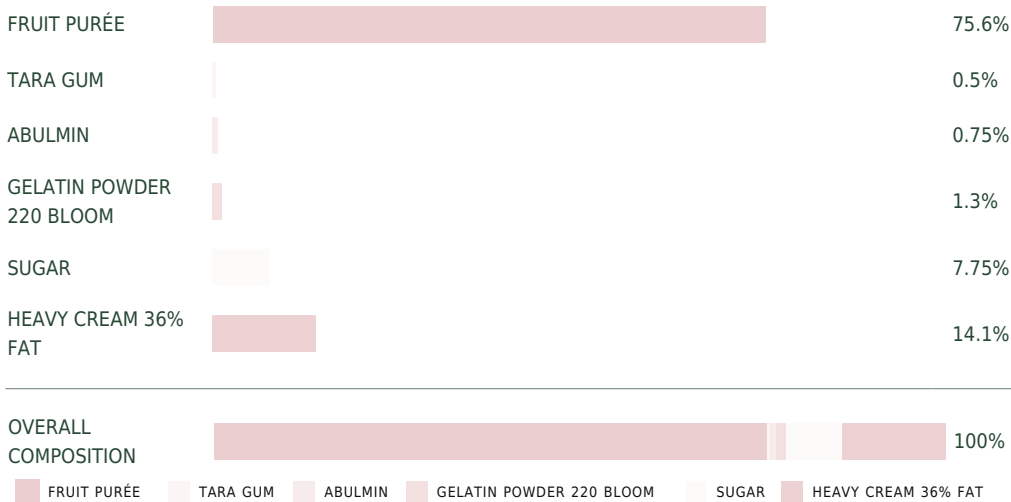
Depending on the fruit and proportions used, this can imbue the tasting experience with a certain freshness. All this has been achieved while losing almost none of the frothy texture a standard whipped cream would have - in fact, the mix is slightly frothier in the case of some fruits.

The proportion of meringue to fruit-flavored whipped cream has also been adjusted.

## Suggested uses

- Plated desserts
- Desserts, tarts and mini gateaux
- Dessert glasses

## Overall composition



## Step 1

### Fruity whipped cream

Composition	235 g	100%
Heavy cream 35% fat	141 g	60%
Lychee puree	94 g	40%

Expansion when whipped 200%

### Intense lychee mousse

75.6%

FRUIT PURÉE

7.75%

ADDED SUGAR

**Ingredients**

Litchi puree, Heavy cream 35% fat, Sugar, Gelatin powder 220 Bloom, Albumin, Tara gum

NON-FREEZABLE

EXPANSION WHEN WHIPPED

## Technique

Combine the lychee purée and the cream, both at 40°F (4°C), and whisk at medium speed until it has a frothy texture similar to standard whipped cream

### Step 2

## Fruity Italian meringue

Composition	155 g	100%
Lychee puree	60.45 g	39%
Albumin	6.98 g	4.5%
Sugar	67.43 g	43.5%
Water	20.15 g	13%

Expansion when whipped 440%

## Technique

Combine the lychee purée (40°F or 4°C) and the sifted albumin in the bowl of a food processor.

Mix and leave for 15 to 20 minutes until the albumin is hydrated.

Mix the water and sugar in a saucepan and cook at 245°F (118°C), then combine this with the frothy fruit purée and albumin mixture.

Beat in a food processor at medium speed until cool (approx. 86°F or 30°C).

### Step 3

## Intense mousse

Composition	1000 g	100%
Gelatin powder 220 Bloom	13 g	1.3%
Lychee puree	200 g	20%
Lychee puree	392 g	39.2%
Italian Meringue lychee	155 g	15.5%
Fruity whipped cream	235 g	23.5%
Tara gum	5 g	0.5%

Expansion when whipped 180%

## Technique

**Sprinkle** the gelatin onto the smaller portion of mango purée (40°F or 4°C), then leave it for 15 to 20 minutes so the gelatin hydrates.

**Heat** the mixture to between 120 and 140°F (50 and 60°C) so that the gelatin melts, then combine it with the second portion of purée (40°F or 4°C). Homogenize with a mixer.

**Combine** approx. one third of the fruit purée with the Italian meringue, then start mixing with a whisk to assimilate their textures.

**Add** the rest of the fruit purée, fold it in with a spatula and finish off by gently adding the whipped cream in such a way that the mix remains light and frothy.

**Pour** immediately

## Trick

- To improve the stability of the mousse, you can add 0.2% of **konjac** along with the gelatin. This will give it a slightly firmer texture with a silkier mouthfeel, but bear in mind that the mousse will be slightly less aromatically intense.



### FRUIT PURÉE USED

Litchi Chinensis

### TASTING TEMPERATURE

Chilled

### WAYS OF CONSUMING

On site ,  
Takeaway

### STRENGTHS

Fruit intensity