adamance
fruits du bon sens

Intense Apricot 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.
For Italian meringue, the egg whites are around 88% water and 11% protein. It's the protein that makes them expand. By using albumin powder, we can replace the egg whites' water by fruit purée and thus make a fruity Italian meringue.

Suggested uses

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

Intense Apricot mousse

76.45% FRUIT PURÉE

9.75% ADDED SUGAR

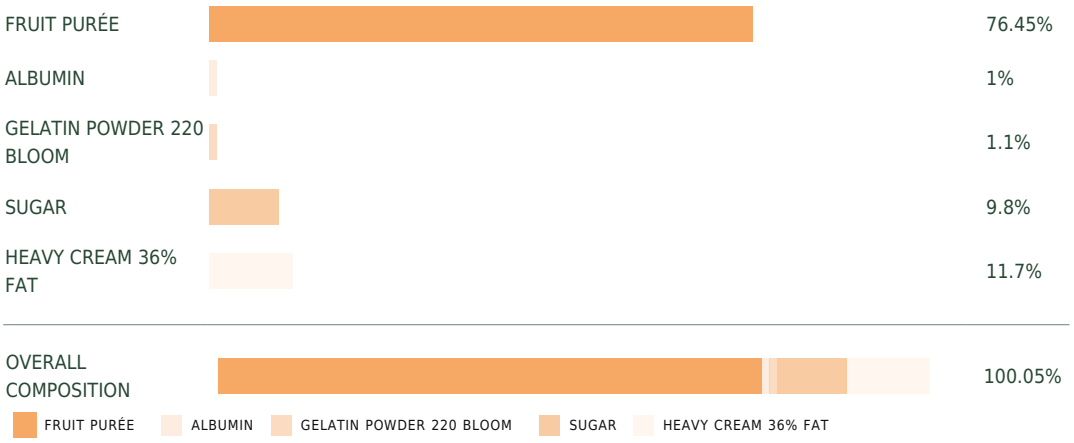
Ingredients

Apricot purée, Heavy cream 36% fat, Sugar, Gelatin powder 220 Bloom, Albumin

FREEZABLE

180% EXPANSION WHEN WHIPPED

Overall composition



Step 1

Fruity whipped cream

Composition	195 g	100%
Heavy cream 36% fat	117 g	60%
Apricot purée	78 g	40%

Expansion when whipped 190%

Technique

Combine the apricot 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	234 g	100%
Apricot purée	91.3 g	39%
Albumin	10.5 g	4.5%
Sugar	101.8 g	43.5%
Water	30.4 g	13%

Expansion when whipped 450%

Technique

Combine the apricot 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	11 g	1.1%
Apricot purée	200 g	20%
Apricot purée	399 g	39.9%
Italian Meringue apricot	195 g	19.5%
Fruity whipped cream	195 g	19.5%

Expansion when whipped 180%

Technique

Sprinkle the gelatin onto the smaller portion of apricot 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
Flavor cot and Lido Apricot

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGHTS
Fruit intensity