

# Intense Coconut 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

FRUIT PURÉE	<div style="width: 69.3%;"></div>	69.3%
GELATIN POWDER 220 BLOOM	<div style="width: 1.1%;"></div>	1.1%
EGG WHITES	<div style="width: 5.9%;"></div>	5.9%
SUGAR	<div style="width: 9.6%;"></div>	9.6%
HEAVY CREAM 36% FAT	<div style="width: 14.1%;"></div>	14.1%
OVERALL COMPOSITION		100%

## Step 1

### Fruity whipped cream

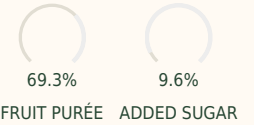
Composition	235 g	100%
Heavy cream 36% fat	141 g	60%
Coconut purée	94 g	40%

Expansion when whipped 300%

## Technique

Combine the coconut 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.

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#### Ingredients

Coconut purée,  
Heavy cream 36%  
fat, Sugar, Egg  
whites, Gelatin  
powder 220 Bloom



## Step 2

### Standard Italian meringue

Composition	186 g	100%
Sugar	99.5 g	53.5%
Water	26 g	14%
Egg whites	60.5 g	32.5%

Expansion when whipped 380%

#### Technique

Mix the water and sugar in a saucepan and cook at 245°F (118°C), then combine them with the beaten egg white.

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	14 g	1.1%
Coconut purée	200 g	20%
Coconut purée	399 g	39.9%
Standard Italian meringue	155 g	15.5%
Fruity whipped cream	235 g	23.5%

Expansion when whipped 180%

#### Technique

Sprinkle the gelatin onto the smaller portion of coconut 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 increase the expansion rate of this slightly whipped mousse by around 25%, use a standard meringue instead of the fruity meringue. The fruity flavor will be slightly less intense.



## FRUIT PURÉE USED

Coconut

## TASTING TEMPERATURE

Chilled

## WAYS OF CONSUMING

On site ,  
Takeaway

## STRENGTHS

Fruit intensity