adamance

fruits du bon sens

Intense Lemon mousse

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50.4% FRUIT PURÉE

16% ADDED SUGAR

Ingredients

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

FREEZABLE

220% EXPANSION WHEN WHIPPED

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	50.4%
GELATIN POWDER 220 BLOOM	1.3%
EGG WHITES	9.6%
SUGAR	15.8%
HEAVY CREAM 36% FAT	22.9%
OVERALL COMPOSITION	100%

Step 1

Fruity whipped cream

Composition	382 g	100%
Heavy cream 36% fat	229 g	60%
Lemon purée	153 g	40%

Expansion when whipped 275%

Technique

Combine the lemon 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

Standard Italian meringue

Composition	305 g	100%
Sugar	163 g	53.5%
Water	43 g	14%
Egg whites	99 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	13 g	1.3%
Lemon purée	150 g	15%
Lemon purée	201 g	20.1%
Standard Italian meringue	254 g	25.4%
Fruity whipped cream	382 g	38.2%

Expansion when whipped 220%

Technique

Sprinkle the gelatin onto the smaller portion of lemon 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
Femminello Lemon

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGHTS
Fruit intensity