adamance
*fruits du bon sens*

# Intense Mango 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 Mango mousse**

76.4% FRUIT PURÉE

7.8% ADDED SUGAR

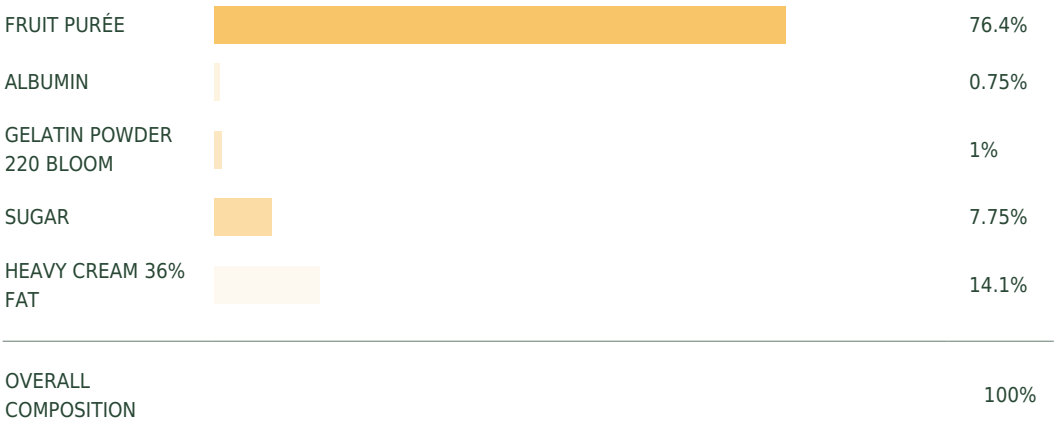
**Ingredients**

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

FREEZABLE

140% EXPANSION WHEN WHIPPED

## Overall composition




**Step 1**

## Fruity whipped cream

| Composition | 235 g | 100% |
|---|---|---|
| Heavy cream 36% fat | 141 g | 60% |
| Mango purée | 94 g | 40% |

Expansion when whipped 220%

### Technique

Combine the mango 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 | 186 g | 100% |
|---|---|---|
| Mango purée | 73 g | 39% |
| Albumin | 8 g | 4.5% |
| Sugar | 81 g | 43.5% |
| Water | 24 g | 13% |

Expansion when whipped 200%

### Technique

Combine the mango 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 | 10 g | 1% |
| Mango purée | 200 g | 20% |
| Mango purée | 400 g | 40% |
| Italian Meringue mango | 155 g | 15.5% |
| Fruity whipped cream | 235 g | 23.5% |

Expansion when whipped 140%

### 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 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.
• 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
Kesar and Alphonso Mango

### TASTING TEMPERATURE
Chilled

### WAYS OF CONSUMING
On site ,
Takeaway

### STRENGHTS
Fruit intensity