

Mousse intense mûre

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

Mousse intense mûre



76.1%

FRUIT PURÉE



7.75%

ADDED SUGAR

Ingredients

Blackberry puree,
Heavy cream 35%
fat, Sugar, Gelatin
powder 220 Bloom,
Albumin

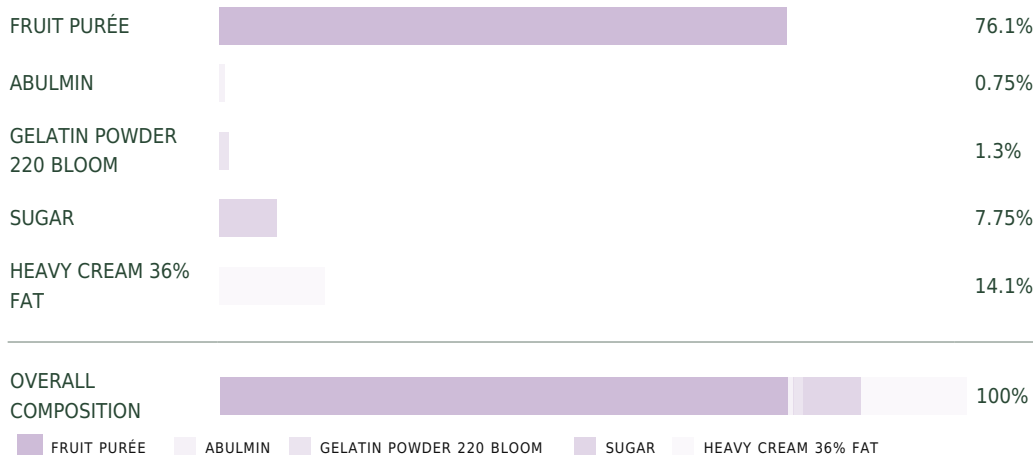


FREEZABLE



EXPANSION
WHEN
WHIPPED

Overall composition



Step 1

Fruity whipped cream

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

Expansion when whipped 215%

Technique

Combine the blackberry 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%
Blackberry purée	60.45 g	39%
Albumin	6.98 g	4.5%
Sugar	67.43 g	43.5%
Water	20.15 g	13%

Expansion when whipped 155%

Technique

Combine the blackberry 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%
Blackberry purée	200 g	20%
Blackberry purée	397 g	39.7%
Italian Meringue blackberry	155 g	15.5%
Fruity whipped cream	235 g	23.5%

Expansion when whipped 160%

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 this mousse, you can add 0.2% konjac at the same time as the gelatine. This will give you a slightly firmer texture with a silkier mouthfeel, but the flavour intensity will be slightly reduced.



FRUIT PURÉE USED
Blackberry Triple Crown

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGTHS
Fruit intensity