adamance

fruits du bon sens

Standard Apricot mousse

Description

This mousse uses traditional techniques to create a fruity flavor.
It has a fruit purée base, as well as two whisked ingredients – whipped cream and Italian meringue – and the whole thing is jellied using gelatin.

Suggested uses

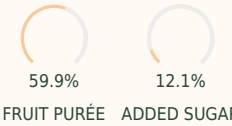
- Plated desserts
- Desserts, tarts and mini gateaux
- Dessert glasses

Overall composition



OVERALL COMPOSITION	100%

Standard Apricot mousse



Ingredients

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



Step 1

Whipped cream

Composition	195 g	100%
Heavy cream 36% fat	195 g	100%

Expansion when whipped 250%

Technique

Whisk the cream (40°F or 4°C) at medium speed until its texture becomes light and frothy.

Step 2

Standard Italian meringue

Composition	234 g	100%
Sugar	125 g	53.5%
Water	33 g	14%
Egg whites	76 g	32.5%

Expansion when whipped 380%

Technique

Mix the water and sugar in a saucepan, cook them at 245°F (118°C) and combine them with the beaten egg white.
Whisk using a mixer at medium speed until cool (approx. 86°F or 30°C).

Step 3

Standard mousse

Composition	1000 g	100%
Gelatin powder 220 Bloom	11 g	1.1%
Apricot purée	199 g	19.9%
Apricot purée	400 g	40%
Standard Italian meringue	195 g	19.5%
Whipped cream	195 g	19.5%

Expansion when whipped 170%

Technique

Sprinkle the gelatin onto the smaller portion of apricot purée (40°F or 4°C), then leave it for 15 to 20 minutes until it is hydrated.
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 approximately 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.



FRUIT PURÉE USED
Flavor cot and Lido Apricot

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGHTS
Usual process and recipe