

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


FRUIT PURÉE		59.9%
GELATIN POWDER 220 BLOOM		1.1%
EGG WHITES		7.4%
SUGAR		12.1%
HEAVY CREAM 36% FAT		19.5%
OVERALL COMPOSITION		100%

Standard Apricot mousse



59.9%

FRUIT PURÉE




12.1%


ADDED SUGAR

Ingredients

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



FREEZABLE



EXPANSION
WHEN
WHIPPED

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

STRENGTHS

Usual process and recipe