

# Standard Blueberry mousse

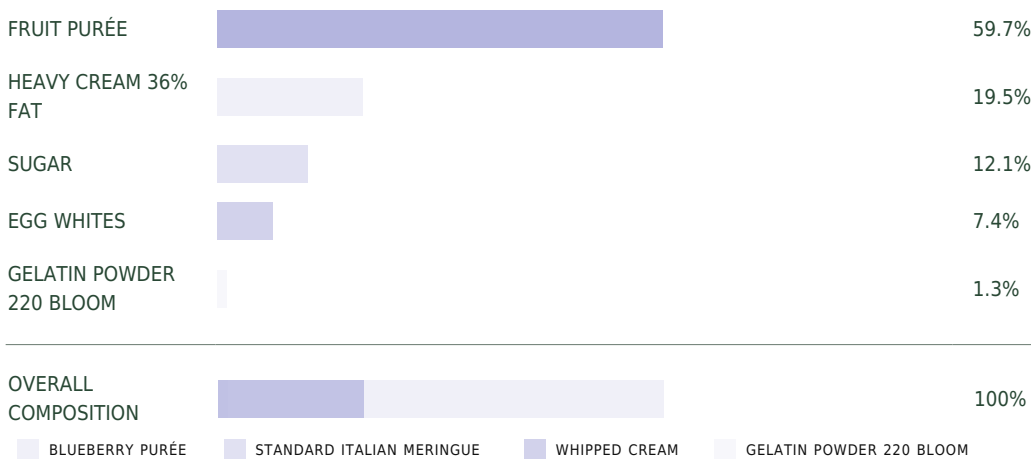
## Description

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



## Step 1

### Whipped cream

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

Expansion when whipped 550%

## Technique

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

### Standard Blueberry mousse



59.7%

FRUIT PURÉE



12.1%

ADDED SUGAR

### Ingredients

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



FREEZABLE



170%

EXPANSION  
WHEN  
WHIPPED

## 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	13 g	1.3%
Blueberry purée	197 g	19.7%
Blueberry 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 blueberry 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

Wild Blueberry

#### TASTING TEMPERATURE

Chilled

#### WAYS OF CONSUMING

On site ,  
Takeaway

#### STRENGTHS

Usual process and recipe