



# Standard Lemon 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		35.1%
GELATIN POWDER 220 BLOOM		1.3%
EGG WHITES		12%
SUGAR		19.8%
HEAVY CREAM 36% FAT		31.8%
OVERALL COMPOSITION		100%

**Standard Lemon mousse**



35.1%

FRUIT PURÉE




19.8%


ADDED SUGAR

**Ingredients**

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



FREEZABLE



210%

EXPANSION  
WHEN  
WHIPPED

## Step 1

### Whipped cream

Composition	318 g	100%
Heavy cream 36% fat	318 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	318 g	100%
Sugar	170.13 g	53.5%
Water	44.52 g	14%
Egg whites	103.35 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%
Lemon purée	101 g	10.1%
Lemon purée	250 g	25%
Standard Italian meringue	318 g	31.8%
Whipped cream	318 g	31.8%

Expansion when whipped 210%

### Technique

Pour the gelatine over the small amount of lemon puree at 4°C, then wait 15-20 minutes for the gelatine to hydrate.

Heat this mixture to between 50 and 60°C to melt the gelatine, then pour over the second part of the puree at 4°C and blend to combine.

Combine about a third of the pureed fruit with the Italian meringue, starting the mixture with a whisk to bring the textures together.

Add the rest of the pureed fruit, mix with a pastry blender, then finish by gently folding in the whipped cream to keep the mixture as fluffy as possible.

Pour immediately.

#### FRUIT PURÉE USED

Femminello Lemon

#### TASTING TEMPERATURE

Chilled



#### WAYS OF CONSUMING

On site ,  
Takeaway

#### STRENGTHS

Usual process and recipe