adamance
fruits du bon sens

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

STRENGHTS
Usual process and recipe