

# Standard Lime mousse

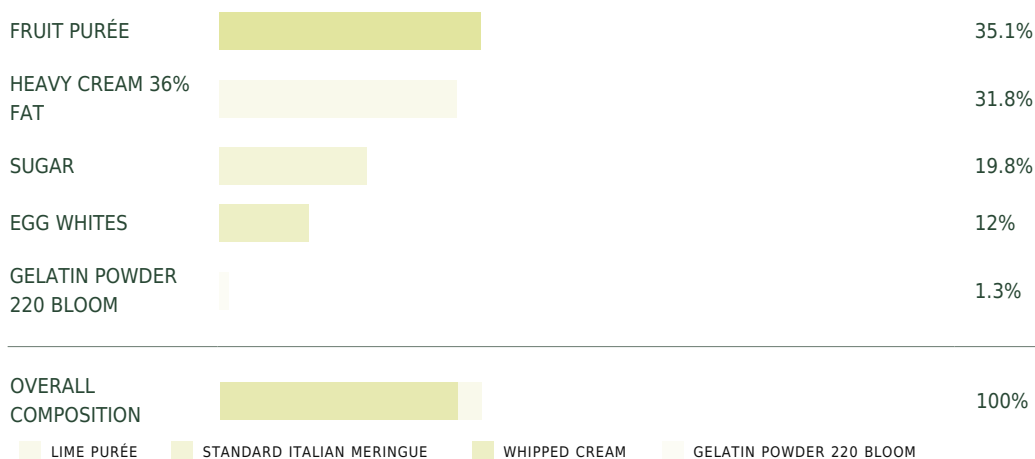
## Description

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	318 g	100%
Heavy cream 36% fat	318 g	100%

Expansion when whipped	350%
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## Technique

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

### Standard Lime mousse

35.1%

FRUIT PURÉE

19.8%

ADDED SUGAR

#### Ingredients

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

FREEZABLE

210%

EXPANSION WHEN WHIPPED

## Step 2

### Standard Italian Meringue

Composition	351 g	100%
Sugar	198 g	53.5%
Water	49 g	14%
Egg whites	120 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%
Lime purée	101 g	10.1%
Lime purée	250 g	25%
Standard Italian Meringue	318 g	31.8%
Whipped cream	318 g	31.8%

Expansion when whipped 210%

#### Technique

Sprinkle the gelatin onto the smaller portion of lime 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

Persian Lime

#### TASTING TEMPERATURE

Chilled

#### WAYS OF CONSUMING

On site ,  
Takeaway

#### STRENGTHS

Usual process and recipe