

# Standard Peach mousse

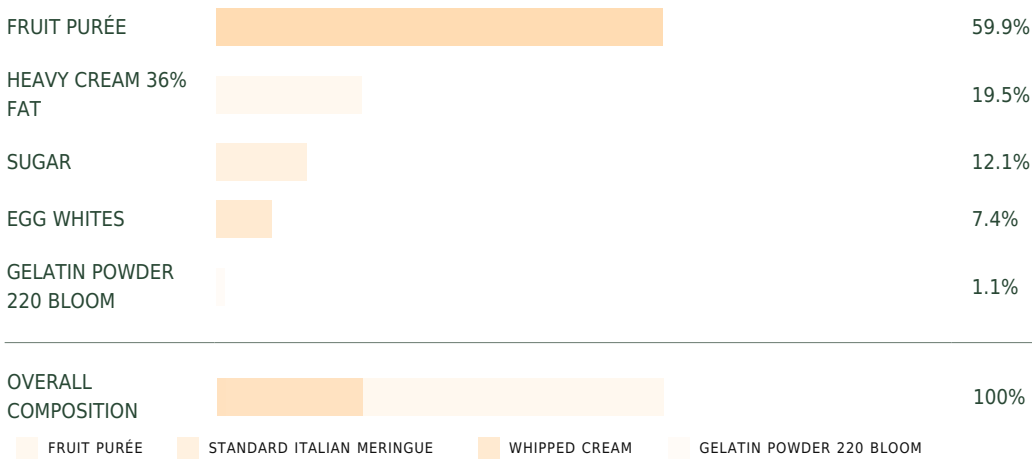
## Description

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



**Standard Peach mousse**




59.9%  
FRUIT PURÉE




12%  
ADDED SUGAR

**Ingredients**

Peach 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%
Peach purée	199 g	19.9%
Peach purée	400 g	40%
Standard Italian meringue	195 g	19.5%
Whipped cream	195 g	19.5%

Expansion when whipped 180%

#### Technique

Sprinkle the gelatin onto the smaller portion of [fruit] 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**  
Montrouge and Patty white Peach

**TASTING TEMPERATURE**  
Chilled

**WAYS OF CONSUMING**  
On site ,  
Takeaway

**STRENGTHS**  
Usual process and recipe