adamance
*fruits du bon sens*

# Standard Mara des Bois Strawberry 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

**Standard Mara des Bois Strawberry mousse**

59.7% FRUIT PURÉE

12.1% ADDED SUGAR

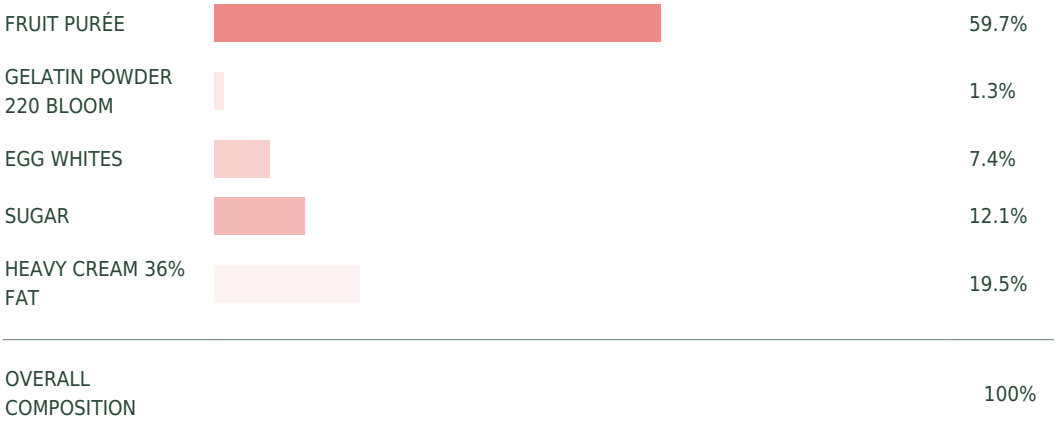
**Ingredients**

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

FREEZABLE

180% EXPANSION WHEN WHIPPED

## Overall composition




**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 | 13 g | 1.3% |
| Strawberry purée | 197 g | 19.7% |
| Strawberry 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 strawberry 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
Mara des Bois Strawberry

TASTING TEMPERATURE
Chilled

WAYS OF CONSUMING
On site ,
Takeaway

STRENGHTS
Usual process and recipe