

PINEAPPLE AND COCONUT MOUSSE



PROFESSIONAL



MAKES 8 PORTIONS

INGREDIENTS LIST

Coconut Dacquoise

- Almond Flour 180g
- Cake Flour 90g
- Icing Sugar 50g
- Desiccated Coconut 50g
- Egg White 300g
- Caster Sugar 150g

Coconut Mousse

- Coconut Puree 240g
- Avonmore Professional Whipped Cream 35.5% 180g
- Gelatine Mass 49g
- Egg Whites 40g
- Caster Sugar 45g
- Water 15g

Pineapple and Caramel Sauce

- Avonmore Professional 35.5% Whipped Cream 60g
- Glucose 60g
- Caster Sugar 170g
- Pineapple Puree 200g
- Avonmore Butter 90g

Poached Pineapple

- Sugar 300g
- Rum 100g
- Water 100g

Poached Pineapple Insert

- Poached Pineapple 100g
- Pineapple Caramel 60g

For coating

- 70% dark chocolate 300g
- Avonmore Professional Unsalted Irish Butter 120g

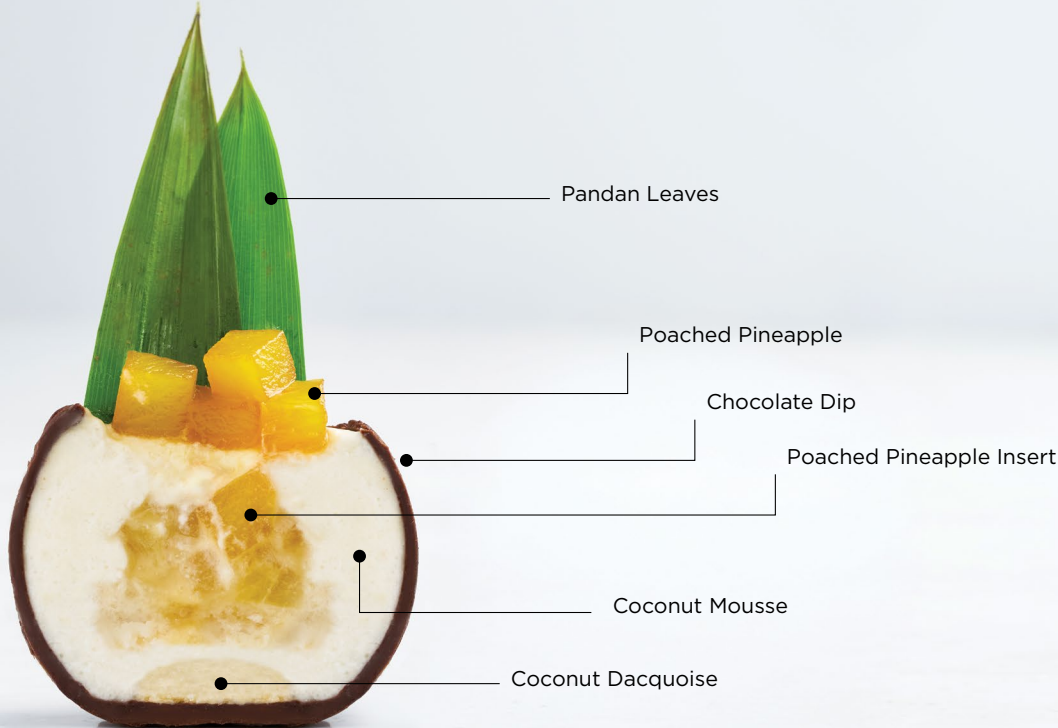
AVONMORE PROFESSIONAL PRODUCT USED



35.5%
Whipping Cream



Unsalted
Irish Butter



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Coconut Dacquoise
- 02 Coconut Mousse
- 03 Pineapple and Caramel Sauce
- 04 Poached Pineapple
- 05 Poached Pineapple Insert
- 06 For Coating: Chocolate Dip

01

Coconut Dacquoise

1. Whip egg whites and sugar so soft peaks.
2. Fold in dry ingredients in three parts.
3. Spread on tray lined with parchment paper.
4. Bake at 160°C for 12 minutes allow to cool before cutting disks for assembly.
5. One small for bottom of mousse ring cutter 2 and 1 larger for middle of the mousse ring cutter 4.

02

Coconut Mousse

1. Warm puree to dissolve gelatine allow to cool.
2. Make Italian meringue with egg whites sugar and water.
3. Mix puree with egg whites and then fold in the cream.

03

Pineapple and Caramel Sauce

1. Heat the cream sugar and glucose to 121°C.
2. Warm pineapple puree and bring to 104°C.
3. Cool down to 50°C then add butter and blend.

04

Poached Pineapple

1. Make a dry caramel and deglaze with rum and water and allow to cool.
2. Peel pineapple, cut in to 4 remove the middle and trim the sides to make 4 equal size rectangles.
3. Place in to two sous vid bags divide the caramel between the two bags
4. And vac pac with out sealing to suck the caramel through the pineapple.
5. Repeat and seal and cook at 85°C for 20 minutes allow to chill.
6. Dice for assembly.

05

Poached Pineapple Insert

1. Mix diced pineapple with the caramel and place into the insert mould and blast freeze.
2. Demold and have frozen for assembly.

06

For Coating: Chocolate Dip

1. Melt the chocolate and butter together
2. Dip coconut mousse in chocolate until the chocolate has reached the top of the mousse while leaving the white mousse still visible to place the pineapple on top.

Assembly and Finishing

1. Place small sponge in bottom of mould.
2. Pipe in coconut mousse.
3. Place second sponge.
4. Add the frozen pineapple insert.
5. Fill in the rest with the remainder of the mousse.
6. Place a lollypop stick inside and blast freeze.
7. Dip in chocolate and butter using a wire brush to remove the remainder of chocolate and allow to set.
8. Remove lollypop stick.
9. Place on two pandon leaves.
10. Top up with diced poached pineapple.



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