



PROFESSIONAL

GUAVA AND COCONUT TWISTER CAKESICLE



AVONMORE
PROFESSIONAL
PRODUCT USED



Avonmore Professional
35.1% Whipping Cream

MAKES 12 CAKESICLES

INGREDIENTS LIST

Coconut Mousse

- 300g Coconut Puree
- 200g Yoghurt
- 120g Caster Sugar
- Zest of 1 Lime
- 4 Leaves Gelatine
- 50ml Cream (1)
- 250ml Cream (2), for whipping

Guava Centre

- 300ml Guava Puree
- Zest and Juice of 1 Lime

Chocolate Coating

- 225g White Chocolate, chopped
- 100g Cocoa Butter
- 5g Pink Oil-Soluble Colour
- 200g Desiccated Coconut Flakes



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Coconut Mousse
- 02 Guava Centre
- 03 Chocolate Coating
Décor: Cream Piping/Chocolate Piping/Coconut Flakes/
Guava Gel/Gold Leaf

01 Coconut Mousse

1. Put the gelatine leaves in a small bowl of cold water to soften.
2. Whisk together the coconut puree, yoghurt, and caster sugar until smooth. Add the lime zest and set aside.
3. Bring the 50m cream to a simmer. Squeeze the water from the gelatine leaves and dissolve into the hot cream, whisking well to combine. Pour the hot cream into the coconut yoghurt mix and whisk well. Cool slightly then fold in whipped cream and store in the fridge until ready to assemble.

02 Guava Centre

1. Mix all of the ingredients together and place in a piping bag or squeeze bottle.

Assembling the Cakesicles:

1. Pipe half of the coconut mousse into the Twister Cakesicle molds and make a dip in the centre of each.
2. Pipe some guava puree mix into the centre and freeze until slightly set.
3. Pipe the remaining coconut mousse on top and freeze.

03 Chocolate Coating

1. Melt the chocolate and cocoa butter together and add the pink colour. Place in a jug and keep warm at 45C.
2. Sprinkle coconut flakes on a tray.
3. Remove the Cakesicles from the molds and dip the Cakesicles in the melted chocolate. Shake off the excess then dip the edges in the desiccated coconut. Leave to set.

Assembly and Presentation:

1. Whisk 250ml cream to soft peak with the seeds of a vanilla pod and place in a piping bag fitted with a star nozzle.
2. Pipe the cream onto the Cakesicles, then garnish with guava gel and gold leaf to serve.