



PROFESSIONAL

MANGO CHOCOLATE MOUSSE



AVONMORE
PROFESSIONAL
PRODUCTS USED



Avonmore Professional
38% Whipping Cream

SERVES 10

INGREDIENTS LIST

Almond Jaconde Sponge

- 112g egg whites
- 112g sugar
- 45g whole egg
- 90g egg yolk
- 38g flour
- 38g ground almond
- 20g butter

Dark Chocolate Mousse

- 30ml milk (3.5% Fat)
- 235g sugar
- 40g egg yolk
- 35g whole egg
- 30ml Whipping Cream (38% Fat) (1)
- 4g gelatine (2 leaves)
- 150g dark chocolate (70%), roughly chopped
- 265ml Whipping Cream (38% Fat) (2)

Chocolate Coating

- 250g dark chocolate (70%), roughly chopped
- 60g cocoa butter

Vanilla Cream

- 500ml Whipping Cream (38% Fat)
- 65g sugar
- 2 leaves gelatine
- 2 vanilla pods

Tempered Chocolate

- 500g dark chocolate (70%)
- 5g cocoa butter

Assembly

- Mango (Mango Rose)
- Sprig of mint



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Almond Jaconde Sponge
- 02 70% Dark Chocolate Mousse
- 03 Chocolate Coating
- 04 Vanilla Cream
- 05 Tempered Chocolate
- 06 Mango Rose

01

Almond Jaconde Sponge

1. Put the egg whites and sugar into the bowl for the stand mixer and attach the whisk attachment. Whisk to form a stiff meringue.
2. Put the egg and egg yolks in a separate bowl.
3. Spread out on a silicone mat and bake 190°C for 10mins. Cool and cut out discs 6cm in diameter. Set aside.

02

70% Dark Chocolate Mousse

1. Put the milk and sugar in a small pan and put over a medium heat. Bring to a boil. Put the egg yolks and egg in a bowl. Whisk. Once the milk is boiling, slowly pour onto the egg yolks and egg, whisking to combine. Heat the mix until it reaches 72°C on a thermometer. Pour the mix through a sieve into the bowl for the stand mixer. Attach the whisk to the stand mixer and whisk the mix until cool, and doubled in volume.
2. Put the gelatine in a bowl of cold water for 5 minutes to soften. Put the cream (1) in a saucepan and bring to a boil. Remove from the heat and add the squeezed out gelatine. Whisk to dissolve, ensuring the gelatine is fully melted.
3. At 40°C, add whipped cream (2) and cooled bombe (egg) mix. Divide the mousse mixture between 10 rings, 6cm in diameter (lined with jaconde sponge discs at the bottom) & freeze 5 hours minimum or overnight.

03

Chocolate Coating

1. When the chocolate mousses are frozen make the chocolate coating.
2. Put the chocolate and cocoa butter into a bowl set over a pan of simmering water and melt. Keep at 33°C. Blow torch

the chocolate mousses to demould the mousses from the ring moulds. Insert a toothpick into the mousses and dip to the chocolate, until the chocolate comes half way up the mousse. Place on a wire rack with a baking tray underneath and leave for a few minutes to set. Repeat with remaining mousses. Transfer to a tray and store in the fridge until ready to serve.

04

Vanilla Cream

1. Put 100ml of the cream into a small saucepan with the sugar. Put on a medium heat and bring to the boil to dissolve the sugar. Meanwhile, place the gelatine leaves in a small bowl of cold water to soften.
2. Put the remaining cream in a bowl for the stand mixer. Scrape the vanilla seeds from the vanilla pod and add to the bowl.
3. Attach the whisk to the mixer and whisk the cream until soft peaks form. Set aside.
4. Once the cream in the saucepan is boiling, remove from the heat, squeeze out the gelatine leaves and add to the cream, mixing well to dissolve.
5. Cool the the warm cream slightly and fold into the whipped cream. Place in the fridge for 1 hour (minimum).

05

Tempered Chocolate

1. Put the chocolate into a bowl over a pan of simmering water. Once melted to 45°C, remove from the heat and set aside to cool. When the chocolate has cooled to 35°C, add the cocoa butter and mix well to melt.
2. Cool the chocolate again to 31°C, and use to make chocolate discs; spread the chocolate out on acetate sheets and cool for a few minutes until set, before cutting out rounds the same size as the mousses. Place the acetate sheets between two sheets of baking paper, then between two baking trays to press and keep flat. Keep in the fridge until ready to serve.

06

Mango Rose

1. Peel the mango and slice the cheeks off the mango. Slice the mango into thin slivers and using 3-4 slices, roll the mango up to form a rose. Repeat as necessary. Set aside.

Assembly and Presentation:

- Remove the chocolate mousses from the fridge.
- Place a disc of chocolate décor on top.
- Place the vanilla cream in a piping bag fitted with a ruffle/petal nozzle. Pipe the cream around of the disc.
- Place the mango rose in the space.
- Place the mousse on a plate and garnish with a sprig of mint.



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