



PROFESSIONAL

MANGO & YOGHURT PARFAIT



AVONMORE
PROFESSIONAL
PRODUCTS USED



Avonmore Professional
35.1% Whipping Cream

SERVES 10

INGREDIENTS LIST

Mango Cremeux

- 500g Mango Puree
- 1g Agar
- 15g Caster Sugar
- 3 Leaves Gelatine
- 125g Butter, cubed
- 1 Egg

Yoghurt Mousse

- 250ml Natural Yoghurt
- 250ml Cream
- 65g Sugar
- 2 Leaves Gelatine

Pate Sable Biscuit

- 250g Plain Flour
- 30g Icing Sugar
- 30g Almond Powder
- 60g Caster Sugar
- 150g Butter, cubed
- 1 Egg

Mango Ginger Sorbet

- 500ml Mango Puree
- 50g Sugar
- 100ml Water
- 2inch piece Fresh Ginger
- Juice 1 Lime

White Chocolate Decor

- 200g White Chocolate, roughly chopped
- 2g Cocoa Butter

Assembly & Presentation

- Micro coriander or other herbs to garnish

THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Mango Cremeux
- 02 Yoghurt Mousse
- 03 Pate Sable Biscuit
- 04 Mango Ginger Sorbet
- 05 White Chocolate Decor

01

Mango Cremeux

1. Soak the gelatine leaves in cold water for 5 minutes to soften. Place the mango puree, sugar and the agar in a medium sized saucepan and bring to a boil, whisking all the time. Once boiling, remove from the heat and add the squeezed out gelatine leaves, whisking well to dissolve.
2. Add the butter, one cube at a time, whisking continuously until the butter has completely emulsified. Add the egg, whisking to fully combine. Pour the cremeux into a container and chill for 2-3 hours until set.

02

Yoghurt Mousse

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. Attach the whisk to the mixer and whisk the cream until soft peaks form. Set aside.
3. Once the cream in the saucepan is boiling, remove from the heat, squeeze out the gelatine leaves and add to the hot cream, mixing well to dissolve. Pour this mix over the yoghurt, mixing well to combine.
4. Fold the yoghurt and gelatine mix into the whipped cream and place in the fridge for 1 hour (minimum) to set.

03

Pate Sable Biscuit

1. Put the butter and caster sugar into a stand mixer bowl. Attach the beater and mix well until soft and creamy. Add the almond powder and icing sugar and continue to mix until well combined.
2. Add the flour, mixing until just combined.
3. Add the egg and mix until the dough comes together. Turn the dough out onto the work surface and roll up the dough into a ball. Wrap in clingfilm and place in the fridge for minimum 1 hour.
4. To cook the sable: remove the dough from the fridge and dust the work surface with flour.
5. Preheat the oven to 180C and line a baking tray with parchment paper.

6. Roll out the dough into a large rectangle (3mm thick), and cut out circles using a round cutter (7cm in diameter). Place the circles on the tray and place back in the fridge for 10 minutes to chill before baking.
7. Bake the sable for 6-8 minutes until golden, evenly coloured and crisp. Remove from the oven and leave to cool until ready to serve.

04

Mango Ginger Sorbet

1. Make a simple syrup by placing the water and sugar into a small saucepan. Finely grate the ginger into the saucepan and bring to a boil. Once the sugar has completely dissolved, remove from the heat and leave the syrup to cool completely.
2. Once cool, blend the syrup with the lime juice and pass the mix through a sieve to strain off the ginger. Mix the liquid with the mango puree and churn the sorbet in an icecream machine. Keep in the freezer until ready to serve.

05

White Chocolate Decor

1. Put the chocolate into a bowl over a pan of simmering water. Once melted to 45C, remove from the heat and set aside to cool. When the chocolate has cooled to 35C, add the cocoa butter and mix well to melt. Cool the chocolate again to 29C, and use to make chocolate squares; spread the chocolate out on acetate sheets and cool for a few minutes until set.
2. Place the acetate sheets between two sheets of baking paper, then between two baking trays to press and keep flat. Break into shards and keep in the fridge until ready to serve.

Assembly and Presentation:

To make the parfait discs: When set, whisk the mango cremeux until smooth and place in a piping bag fitted with a medium round nozzle. When set, whisk the yoghurt mousse until smooth and place in another piping bag fitted with a medium round nozzle.

Pipe the two mixes in alternating lines onto a baking tray lined with an acetate sheet.

Continue to pipe until the mixes are used up.

Freeze the tray for a minimum of 1 hour.

When frozen, cut discs out using a round cutter (7cm).

Prepare in advance and keep the discs frozen.

To assemble: Place a parfait disc on a sable biscuit and place in the centre of the plate. Finish with a quenelle of mango sorbet, some white chocolate shards and micro herbs. Serve.



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