



STRAWBERRY BAVAROSE, MOUSSE AND FROZEN DESSERT

THREE DIFFERENT IDEAS FOR EXQUISITE SPOON DESSERTS

DIFFICULTY LEVEL



BASIC RECIPE FOR STRAWBERRY FLAVOURED MOUSSE AND BAVAROSE

INGREDIENTS

LILLY FRAGOLA - 250G IF YOU PREFER A FIRMER TEXTURE AND A STRONGER FLAVOUR
WATER - OR MILK
LIQUID CREAM 35% FAT

g 200
g 300
g 1.000

PREPARATION

Whip cream, LILLY FRAGOLA and water or milk in a planetary mixer with a whisk attachment, until well combined and firm.

BASIC RECIPE FOR STRAWBERRY FLAVOURED FROZEN DESSERT

INGREDIENTS

LILLY FRAGOLA
WATER
- MADE WITH TOP MERINGUE
LIQUID CREAM 35% FAT - WHIPPED

g 200
g 300
g 500
g 500

PREPARATION

Mix LILLY to water using a whisk.
Combine the mixture to the Italian meringue by stirring gently.
Then, carefully combine to cream.

FINAL COMPOSITION

Pour the mousse or the bavaise in proper silicone moulds and refrigerate for at least 2 hours or freeze them for at least 40 minutes.
Put the frozen desserts in the freezer for at least 40 minutes.

AMBASSADOR'S TIPS

If you prefer, you can add sugar to cream.

To use vegetable substitute for fresh cream, follow this recipe:

- vegetable cream g 800
- water g 450
- LILLY FRAGOLA g 200

It is recommended not to whip the mixture for too long, otherwise the mixture will become too firm.