



# MANGO BAVAROISE, MOUSSE AND FROZEN DESSERT

## BASIC RECIPE

DIFFICULTY LEVEL



### BASIC RECIPE FOR MANGO FLAVOURED MOUSSE AND BAVAROISE

#### INGREDIENTS

LILLY MANGO	g 200
WATER - OR MILK	g 300
LIQUID CREAM 35% FAT	g 1000

#### PREPARATION

Whip cream, LILLY MANGO and water or milk in a planetary mixer with a whisk attachment.

### ITALIAN MERINGUE FOR FROZEN DESSERTS

#### INGREDIENTS

TOP MERINGUE	g 335
WATER	g 165

#### PREPARATION

In a planetary mixer, whip the ingredients at medium-high speed for 6-7 minutes or until voluminous and firm.

### MANGO FLAVOURED FROZEN DESSERT

#### INGREDIENTS

LILLY MANGO	g 200
WATER	g 300
- (MADE WITH TOP MERINGUE)	g 500
LIQUID CREAM 35% FAT - SLIGHTLY WHIPPED	g 500

#### PREPARATION

Dissolve LILLY MANGO in the water using a whisk, then combine with the Italian meringue by stirring gently.

In the end, combine to the slightly whipped cream.

## **FINAL COMPOSITION**

### **FOR MOUSSE AND BAVAROISE**

Pour in proper silicone moulds and refrigerate for at least 2 hours or freeze for at least 40 minutes.

### **FOR THE FROZEN DESSERTS**

Pour in proper silicone moulds and put in the blast chiller at -40°C for at least 2-3 hours.