

Mousse Me

Contributed by Chef Janeth Rodriguez, executive chef, British Colonial Hilton Nassau

Difficulty: Moderate

Preparation:
30 minutes + 2 hours
freezer

Baking:
No need

Makes:
small or 1pc big

6pc

Ingredients	Method
<p>STRAWBERRY MOUSSE</p> <ul style="list-style-type: none">• 7 Oz (200g) Strawberry jam• 3/4 cup + 2 tbsp (200ml) Whipping cream (whipping cream or heavy cream) with 35% Fat• 1 tbsp. unflavored powdered gelatin or (6 gelatin sheets)• 1/3 cup (75ml) Cold water <p>YOGURT MOUSSE</p> <ul style="list-style-type: none">• 13 Oz (375g) Plain yogurt• 3 1/2 Oz (100g) White sugar• 1/3 cup + 1 tbsp. 90ml Cold water• 2 Tbsp. unflavored powdered gelatin or (12 gelatin sheets)• 1 3/4 cup (400ml) Whipping cream (whipping cream or heavy cream) with 35% Fat	<p>STRAWBERRY MOUSSE:</p> <ol style="list-style-type: none">1. Take 3 tbsp. of water and hydrate the gelatin for 10 minutes.2. Place the strawberry jam in a bowl with the rest of the water and mix, add the gelatin already hydrated and reheat it in the microwave3. Place the very cold whipping cream in a bowl and beat until it acquires a creamy consistency and approximately 5' peaks form.4. Incorporate a little of the whipped cream into the jam mix and then gradually incorporate everything in an enveloping way.5. Place in the small, greased mold. Freeze for 1 hour. <p>BASE</p> <ol style="list-style-type: none">1. Mash the cookie until it becomes crumbs2. Stir in the melted butter, you should feel the cookie stick.3. Place it in the mold you want to use for the mousse base and flatten it well approximately 0.196Inch (0.5mm), refrigerate for 20 minutes.

MIRROR GLASS

- 1 cup (250ml) water
- 10 oz (300g) white sugar
- ¾ cup + 2 tbsp (200ml) condensed milk
- 10 oz (300g) white chocolate
- 2 tbsp. unflavored powdered gelatin or (12 gelatin sheets)
- Food coloring red or white color

BASE

- 8 oz (250g) vanilla cookies
- 4 oz (125g) butter

GARNISH

- Candy pearls
- Edible flowers

UTENSILS

- Two molds, one small and one large for the mousse
- One larger mold for the base cookie
- One blender or hand blender or whiskey
- One spatula
- Bowls to mix

YOGURT MOUSSE

1. Add the gelatin to the water to hydrate it.
2. Place the very cold whipping cream in a bowl and beat but this time after 2 minutes add the sugar beat until it acquires a creamy consistency.
3. Place the yogurt in a bowl and mix it with the hydrated gelatin, you can heat it a little in the microwave so that it is liquid.
4. Incorporate a little of the whipped cream into the yogurt and then gradually incorporate everything in an enveloping way.
5. Place in the small greased mold but do not complete, reserve a little.
6. Unmold the strawberry mousse and place it inside the large mold where you put a part of the yogurt mixture, once placed, finish placing the yogurt mousse mixture and smooth so that it is uniform.
7. Freeze for 1 hour.

MIRROR GLASS

1. Hydrate the gelatin with 6 tbsp. of cold water for 10 minutes.
2. Place the excess water in a pot with the sugar and the condensed milk over medium heat, once the dissolved sugar incorporates the gelatin.
3. In a bowl, add the white chocolate in pieces and add the previous mixture, move until the chocolate is completely melted add the coloring.
4. This preparation is homemade and we do not incorporate glucose, we must wait for the temperature to drop to 95° F (35°C) in order to decorate the mousse.

To finish, unmold the mousse, place it on a rack so that the mirror glaze can drip, when it does not drip, clean the edges and mount it on the base cookie, decorate it with caramel pearls and edible flowers or your style.