



Lilian Bonnettoi, Pastry Chef, Hôtel du Cap-Eden-Roc & boutiques Lilian Bonnettoi.

## MOUSSES

	SUCRE SUGAR	BRIX	FRUIT PURÉE	MOUSSES (Chantilly cream base)				FRUIT PURÉE	MOUSSES (Italian meringue base)			
				SUGAR	GELATIN (200 BLOOM)	WHIPPED CREAM	MILK		GELATIN (200 BLOOM)	WHIPPED CREAM	ITALIAN MERINGUE	SUGAR
Blackberry	10%	20,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Blackcurrant	10%	24,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Blackcurrant Noir de Bourgogne	10%	23,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Blueberry	10%	20,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Raspberry	0%	11,0	1 000	110	30	1 100	1 000	30	1 500	400	100	
	10%	19,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Red fruits	10%	20,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Red sour cherry	10%	27,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Redcurrant	10%	20,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Strawberry	10%	17,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Strawberry Senga	0%	9,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
	10%	17,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Strawberry Mara des bois	10%	19,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Wild strawberry & Mara des bois strawberry	10%	19,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Apricot	10%	21,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Fig from Provence	10%	25,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Granny Smith apple	10%	21,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Green rhubarb	10%	14,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Kiwi	0%	15,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Melon	0%	10,0	1 000	170	30	750	1 000	35	1 500	400	150	
Mint	0%	14,0	1 000	150	27	646	1 000	33	707	400	98	
Mirabelle plum	0%	22,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Williams pear	0%	14,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Quince	10%	24,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Ruby peach	10%	19,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Sea buckthorn	0%	6,0	1 000	220	30	700	1 000	30	650	700	50	
White peach	10%	19,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Yellow peach	10%	20,0	1 000	150	30	1 100	1 000	30	1 500	400	100	

## MOUSSES



## Mousses (Chantilly cream base)

Method: soak the gelatine. Heat 20% of the Fruit'Purée with the sugar and add the gelatine. Gently stir the rest of the Fruit'Purée. Then stir in the whipped cream.

Special for dried fruit: soak the gelatine. Bring the milk and the sugar to the boil. Remove from the heat and add the gelatine, then add the Fruit'Purée and carefully stir in the whipped cream.

Out tip: for best results, use the Fruit'Purée, sugar and gelatine mixture at a temperature of around 15°C.

## Mousses (Italian meringue base)

Method for the meringue: water (60 g), sugar (300 g) egg whites (150 g). Heat the sugar and the water to 121°C/250°F and pour on to the whipped egg whites. Continue to beat in the mixer until the meringue has reached room temperature.

Method: soak the gelatine. Heat 20% of the Fruit'Purée with the sugar. Add the gelatine, then the rest of the Fruit'Purée. Add the cream, then the meringue, stirring gently.

Out tip: for best results, use the Fruit'Purée, sugar and gelatine mixture at a temperature of around 15°C.

Banana	0%	22,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Coconut	10%	19,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Exotic fruits	0%	15,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Ginger	0%	3,0	500	970	94	2 595	2 000 <sup>3</sup>	500 <sup>4</sup>	91	2 635	2 630	180
Jamun	0%	13,0	1 000	150	27	646	1 000	33	707	400	98	
Lychee	0%	14,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Mango	0%	18,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Passion fruit	0%	13,0	1 000	168	30	1 100	1 000	30	1 500	400	0	
Pineapple	0%	13,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Pink guava	0%	8,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Prickly Pear	0%	12,0	1 000	250	30	1 100	1 000	30	1 500	400	100	
Soursop	0%	14,0	1 000	150	30	1 100	1 000	30	1 500	400	0	
Bergamot	0%	9,0	1 000	300	30	800	1 000	30	800	700	100	
Blood orange	0%	12,0	1 000	200	30	1 100	1 000	30	1 500	400	100	
Calamansi	0%	10,0	1 000	250	30	1 100	1 000	30	1 500	400	250	
Grapefruit	0%	10,0	1 000	200	30	1 100	1 000	30	1 500	400	150	
Kumquat	0%	15,0	1 000	220	30	750	1 000	30	750	800	50	
Lemon	0%	8,0	1 000	250	30	1 100	1 000	30	1 500	400	250	
Lemon Crushed	0%	8,0	1 000	250	30	1 100	1 000	30	1 500	400	250	
Lime	0%	9,0	1 000	250	30	1 100	1 000	30	1 500	400	250	
Mandarin	0%	11,0	1 000	200	30	1 100	1 000	30	1 500	400	150	
Orange	0%	11,0	1 000	200	30	1 100	1 000	30	1 500	400	100	
Sudachi	0%	8,0	1 000	300	35	900	1 000	33	707	400	98	
Yuzu	0%	9,0	1 000	250	30	1 100	1 000	30	1 500	400	250	
Coconut	10%	24,0	1 000	168	30	1 100	1 000	30	1 500	400	100	
Raspberry Meeker from Massif Central, France	10%	19,0	1 000	100	30	1 100	1 000	30	1 500	400	100	
Passion fruit yellow Passiflora Edulis from the Ivory Coast	0%	13,0	1 000	200	30	1 100	1 000	30	1 500	400	0	
Abricouilla Fleur de Sel	10%	22,0	1 000	220	30	700	1 000	30	800	700	0	
Apple baked with caramel and cinnamon	22%	31,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Banalime Ginger	0%	17,0	1 000	196	56	701	1 000	33	707	402	98	
Bergamangado	0%	13,0	1 000	150	30	750	1 000	30	100	400	100	
Berriollette	10%	20,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Cherrymome	10%	27,0	1 000	180	30	700	1 000	30	600	400	50	
Coranaba	0%	13,0	1 000	175	30	1 100	1 000	30	1 500	400	0	
Exotic Ginger	0%	16,0	1 000	187	28	748	1 000	34	793	402	149	
Lychee and raspberry with rose	10%	22,0	1 000	150	30	1 100	1 000	30	1 500	400	100	
Red Fennel	10%	16,0	1 000	150	30	600	1 000	30	750	750	0	
Green pistachio	0%	74,0	1 000	300	40	1 100	800	1 000	30	1 500	400	100
Roasted hazelnut	0%	72,0	1 000	150	30	1 100	800	1 000	30	1 500	400	100
White almond	0%	74,0	1 000	110	30	1 100	800	1 000	30	1 500	400	100

<sup>1</sup>Maximum quantity of cream, could be reduced to 600 g depending on the expected taste. • <sup>2</sup>Maximum quantity of cream, could be reduced to 700 g depending on the expected taste. • <sup>3</sup>Replace the milk by cream. • <sup>4</sup>+ Milk : 1000 g.