

MANGO COMPOTE AND GULA MALACCA MOUSSE IN CHOUX



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Choux pastry filled with citrusy mango compote and Gula Malacca mousse is topped with a disc of white chocolate and cubed mango jelly.



- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

MANGO COMPOTE AND GULA MALACCA MOUSSE IN CHOUX Choux

- 125ml Milk
- 125ml Water
- 5g Salt
- 12g Sugar
- 125g Butter
- 150g Plain Flour
- 5 Eggs

Mango Compote

- 2 Mangos, medium ripe
- 2tbsp. Lemon Juice, fresh

- 1tbsp. Lime Juice, fresh
- 3-5 Mint Leaves, sliced finely

Gula Malacca Mousse

- 180g Gula Malacca (palm sugar)
- 4 Eggs
- 250g Coconut milk
- 300g Butter
- 400g Cream, whipped
- 8g Gelatin

Mango Jelly

- 200ml Mango Puree
- 6g Gelatin, dissolved

Methods and Directions

MANGO COMPOTE AND GULA MALACCA MOUSSE IN CHOUX Choux

- Place water, milk, salt, sugar and butter in a saucepan over medium heat.
- Bring just to the boil, once there add all the flour to the butter mixture at once and use a wooden spoon to beat until well combined.
- Place over low heat and cook, stirring, for 1-2 minutes or until the mixture forms a ball and begins to come away from the side of the saucepan.
- Transfer to an electric mixer and beat on medium speed.
- Allow to cool slightly, and then, on low heat, add the eggs one by one making sure the egg mixes completely in before adding the next (you may not need all the eggs).
- Beat until the mixture just falls from the spoon but still holds its shape.
- Preheat oven to 400°F. Brush a baking tray with oil to lightly grease and drop dough by slightly less than 1/4 cupful about 3 inches apart.
- Bake 35 to 40 minutes or until puffed and golden.
- Remove from oven and turn the oven off.
- Using a skewer or a small knife, pierce the base (or top) of each choux pastry to release the steam.
- Return to the oven and leave them for 15 minutes to dry out. Take out of oven and cool away from draft, for about 30 minutes.

Mango Compote

- Carefully peel mango, cutting the flesh into uniform bite-sized pieces, discarding the pit.



Combine the mango, lemon juice, lime juice

Gula Malacca Mousse

- Combine egg, sugar and coconut, and cook at 80°C to form a thick custard. Whisk in the gelatin till incorporated. Allow to cool till 50°C. Using an immersion blender, blend in the butter, and fold in the cream and mint leaves.

Mango Jelly

- Heat up the mango puree and pour in the dissolved gelatin. Mix well, pour into a container and chill until set. Cut into desired shapes.