

COCONUT MOUSSE WITH GINGER SABLE & LIME MARSHMALLOW



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- Sub Category Name
Combo
Desserts
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Ingredients

COCONUT MOUSSE WITH GINGER SABLE & LIME MARSHMALLOW

Breton Shortbread

- 38g butter
- 35g sugar
- 1g salt
- 15g egg yolk
- 50g cake flour
- 2g baking powder
- 1 tsp ginger power

Coconut Mousse

- 250g coconut purée

- 1 vanilla pod
- 3 egg yolks
- 10g sugar
- 7g gelatin sheet
- 15ml Malibu
- 190ml whipped cream

Clear Glaze

- 100ml water
- 150g sugar
- 3g NH pectin
- 17g sugar
- 58g glucose
- 7g gelatin

Lime Marshmallow

- 83g sugar
- 27ml water
- 25g invert sugar
- 33g lime juice
- 1/2 pc lime zest
- 37g invert sugar
- 7g gelatin
- Green colouring spray, as needed

Methods and Directions

COCONUT MOUSSE WITH GINGER SABLE & LIME MARSHMALLOW

Breton Shortbread

- Crumble butter, sugar, salt, flour, baking powder and ginger powder, then add in egg yolk until just combined.
- Roll into 2mm thickness between 2 parchment papers. Bake for 180°C around 12 minutes. Remove from the oven, cut into a long oval shape with a cutter immediately.

Coconut Mousse

- Heat up coconut purée and vanilla stick; meanwhile mix egg yolk with sugar.
- Pour half of the coconut mixture into egg yolk, mix thoroughly and pour back into saucepan, heat up to 83°C, then add the soaked gelatin sheet.
- Once cooled down, add in Malibu and fold in whipped cream. Pour into a tray and freeze for 1

hour.

- Cut into a long oval shape with cutter.

Clear Glaze

- Combine pectin with 17g sugar, heat up water, glucose, the rest of the sugar, add in the pectin mixture gradually and keep mixing.
- Boil until 103°C. Take out from the heat and add gelatin. Use at 30°C.

Lime Marshmallow

- Boil water, sugar, 25g invert sugar and lime juice until 115°C.
- Place 37g of invert sugar into a mixing bowl, pour the lime syrup over it.
- Add the gelatin at the same time and keep mixing until cooled down. Add lime zest last.
- Pipe a round strip onto the silicone mat, dust with icing sugar and keep overnight.
- Cut into 5cm long pieces with scissors and tie a small knot, Spray the green colouring.
- Bake at 180°C for 4 minutes.