

Cardamom Oranges, Moroccan Mint Tea Mousse



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- Sub Category Name
Food
Sweets
- Recipe Source Name
Real High Tea Australia Volume 1

Used Teas



t-Series Moroccan
Mint Green Tea

Ingredients

Cardamom Oranges, Moroccan Mint Tea Mousse

- 300g flour
- 150g butter
- 75g castor sugar
- 1 egg
- 3 oranges
- 3 cardamom pods
- 1 sheet gelatine, titanium strength



- 2g Dilmah Green Tea Moroccan Mint
- 75g sugar
- 3 egg yolks
- 3 egg whites
- 300ml cream
- 2 sheets gelatine, titanium strength
- 50g white chocolate
- 50g dark chocolate
- 100g isomalt

Methods and Directions

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- Rub butter into flour and sugar, then add egg and gently mix to dough. Chill for 30 minutes, then pin out and line a large tart tin. Blind bake, then cool and line with white chocolate.
- Segment oranges, and squeeze juice from carcasse. Lay segments into tart, and bring juice to the boil. Bruise cardamom, then add to warmed orange juice and allow to infuse for 30 minutes. Add 1 sheet of pre-soaked gelatine, mix well, then strain juice onto orange segments and chill.
- Brew Dilmah Green Tea Moroccan Mint with 100ml of water as per package directions, allow to cool and add to egg yolks and sugar. Whisk sabayon over bain marie to ribbon, then add 2 sheets of pre-soaked gelatine, mix well and allow to cool. Whisk egg whites to soft peak and fold in, then whip cream to soft peak and fold into cold mousse. Pour mousse onto oranges, and chill.
- Cut into rounds, garnish and collar with chocolate sheets and fresh mint leaves.