

CHICKEN & MUSHROOM MOUSSE WITH APPLE JELLY



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Roy Chin

- Sub Category Name
Food
Desserts
- Recipe Source Name
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Ingredients

CHICKEN & MUSHROOM MOUSSE WITH APPLE JELLY

Chicken & Mushroom Mousse

- 250g cream
- 500g wild mushroom
- 1 shallot (chopped)
- 100g thyme
- 125ml dry white wine
- 2tbsp extra virgin olive oil
- 1tsp sea salt
- 1/2 tsp black pepper (crushed finely)
- 150g water chestnut (brunoised)
- 4 chicken thighs, skinless (poach)

Lavosh



- 500g strong flour
- 10g sugar
- 25g salt
- 125g vegetable oil
- 375g milk

Apple Jelly

- 2 Granny Smith green apples
- 200g apple juice
- Malic acid to taste
- Fructose to taste
- 0.8g agar
- 0.6g gellan
- Watercress /violet garnish

Methods and Directions

CHICKEN & MUSHROOM MOUSSE WITH APPLE JELLY

Chicken & Mushroom Mousse

- Heat olive oil over medium-low heat in the saucepan, add mushroom then stir through.
- Add shallot & thyme, sauté for 5 minutes till mushroom is fully cooked.
- Deglaze with white wine.
- In the food processor, place chicken, mushroom, salt & pepper and mix until fine paste.
- Add quarter of the cream into the mixture and continue to blend.
- Add cream, a little at a time to the mixture until it reaches a mousse consistency.
- Fold in water chestnut into the mousse.
- Seal in the bowl and refrigerate until needed.

Lavosh

- Combine all dry ingredients together and mix well.
- Add vegetable oil and milk together and combine all together to form dough in the dough mix. Mix for 13-15 minutes till it does not stick on the sides of the bowl.
- Grease the bowl and put the dough in the bowl for resting, more than 24 hours to get better texture.
- Pre-heat oven to 180C.
- Roll them out to the thickness of 1cm on the dough breaker. Spread them on the sides of the baking tray before trimming off the sides.
- Dock the lavosh and par bake for 6-8 minutes. Cut them to desired shapes and continue to bake them till golden brown.



Apple Jelly

- Slice fresh apple on the meat slicer at the thickness of 4.5cm.
- Cut the sliced apple into desired shape.
- Season the apple juice, malic acid and fructose and set aside
- Disperse into juice with agar and gellan.
- Bring juice to a boil & simmer for 2 minutes.
- Place the sliced apple into desired mould and pour mixture into mould. Let the mixture set.

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