

GRANNY SMITH APPLE VANILLA MOUSSE, FOAM AND SORBET



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A dish that amalgamates the various textures and tones of green apple using green apple cream, green apple mousse, green apple sorbet and green apple foam served with vanilla cream violet.

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

Ingredients

GRANNY SMITH APPLE VANILLA MOUSSE, FOAM AND SORBET Green Apple Cream

- 2g Gelatin
- 100g Green Apple Puree
- 130g Whole Egg
- 100g Granulated Sugar
- 190g Butter
- 55g Concentrated Green Apple Paste
- 8g Manzana
- 1 Green Apple, finely diced and cooked with butter, sugar and vanilla pod.

Green Apple Mousse



- 100ml green apple juice
- 30g sugar
- 10ml lemon juice
- 1 gelatin sheet

Vanilla Cream Violet

- 350ml fresh Whole Milk
- 2 Vanilla Pods, scraped
- 125g Egg Yolks
- 100g Castor Sugar
- 9g Gelatin Sheet
- 250g Whipped Cream

Green Apple Foam

- 500ml Green Apple Juice
- 60g Sugar
- 3g Lecithin
- 800ml Water

Green Apple Sorbet

- 166ml Water
- 160g Sugar
- 60g Glucose Powder
- 20ml Lemon Juice
- 4g Stabiliser
- 400g Green Apple Puree
- 500ml Green Apple Juice

Methods and Directions

GRANNY SMITH APPLE VANILLA MOUSSE, FOAM AND SORBET

Green Apple Cream

- Heat the green apple puree with eggs and sugar in a water bath at 83°C. Add the gelatin, let it cool at 45°C, then add the butter, green apple paste and Manzana, mix well. Keep the cream in the fridge for at least 2 hours.

Vanilla Cream Violet

- Boil the milk with the scraped vanilla pods. Whisk the egg yolks and sugar, add the milk and



mix. Cook the mixture as a custard to 85°C, remove from heat and poach for 5 minutes. Add the soaked gelatin and pour into a stainless steel bowl kept in a bath of ice to let it cool, stir occasionally. Fold in the whipped cream, stir gently.

Green Apple Sorbet

- Make syrup with water, sugar, glucose powder, lemon juice and stabiliser, let it cool. Mix with the apple puree and apple juice, then freeze the mixture with an ice cream maker.

Green Apple Foam

- Strain the green apple juice through a fine sieve; add in the sugar, lecithin and water. Use a hand mixer to make foam.

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