White chocolate mousse with pineapple salsa and cardamom ice-cream.



Used Bresc products



Bresc Green & red chilli WOK 450g



Bresc Lemongrass puree 450g



Ginger puree 450g

Ingredients

12

For the mousse

- 150 g egg white
- 125 g sugar
- 250 g white chocolate
- 0.5 l whipping cream
- grated peel of 1 lime

For the lemongrass-coconut biscuits

- 75 g egg white
- 150 g soft white sugar
- 50 g flour
- 175 g grated coconut
- 30 g Bresc Lemongrass puree
- For the cardamom ice-cream (1.5 l)
- ¾ l cream
- ¼ l full-fat milk
- 250 g sugar
- 125 g egg yolk
- 5 cardamom pods

For the pineapple salsa

- ½ pineapple
- 10 g Bresc WOKchilli
- 5 g Bresc Ginger puree
- 5 g Bresc Lemongrass puree
- 50 g sugar
- 1 lemon, grated peel and juice
- 50 g butter
- mint

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Preparation method

For ice-cream, pour the cream, milk, cardamom and 125 g of sugar into a large saucepan. Bring them to the boil. Next, put the egg yolks with the remaining sugar in the mixer's mixing bowl. Whisk the egg yolk and the sugar at full power until it is white. When the cream mixture reaches boiling point, leave the flavours to develop for 15 to 20 minutes in the covered pan. Pour the warm mixture onto the white, beaten egg yolks, while continuing to stir. Stir the mixture well, return the mixture to the pan and heat to about 75 to 80 degrees. Strain the mixture and cool as rapidly as possible.
Once the ice-cream mixture is thoroughly cool, use an ice-cream maker to whisk the mixture into ice-cream. The best flavour is acquired if the mixture is left to stand overnight to develop the flavours, strained and whisked into ice-cream.
For the biscuits, separate the eggs and beat the egg whites in a grease-free bowl until stiff. Mix the soft sugar, the flour and the grated coconut in a separate bowl. Then, mix the lemongrass into the egg whites to form a smooth mixture. Preheat the oven to 170 degrees (convection oven), make flat circles on a silicon mat or greased baking tray. Next, bake the biscuits for about 8 minutes.
For the mousse, whisk the egg white with some of the sugar until they are stiff. At the last moment, mix the grated lime peel gently into it. Whip the whipping cream with the remaining sugar until it has the consistency of yoghurt. Gently melt the chocolate au bain-marie. Allow to cool a little. Spoon the whipped cream into the chocolate and then spoon the egg white gently into it until everything is thoroughly mixed.
For the salsa, peel the pineapple and remove the core. Dice and braise in the butter. Add the sugar, ginger, lemongrass and the chilli. Grate the lemon into it and then cut the lemon into pieces. Add the pieces. Allow to braise gently for 20 to 30 minutes, then remove the large pieces of lemon and allow the mixture to cool. Pipe the mousse onto the plate and serve with the salsa.
Scoop the ice-cream onto the biscuits and garnish with some mint.