

LES GARNITURES

SIDE DISHES

Réaliser une mousse de légumes How to make a vegetable mousse

Ingredients for 8 servings

Basis Vegetables : (cauliflower, carrots, courgettes/zuchinis, turnips, brocoli, celery...) Coarse salt :	0,400kg to taste
Basic savoury mixture <u>The ingredients</u> Light cream fleurette Eggs Egg yolks <u>Seasoning</u> Salt Cayenne pepper or White pepper Nutmeg	0,100l 1 piece 2 pieces to taste to taste to taste
To grease flan tins: Butter	0,030kg

Utensils

Spatula (spatule)
Saute pan (sautoir)
Greaseproof paper (papier sulfurisé)
Paring knife (couteau d'office)
Metal dish (plaque à débarrasser)

To make a vegetable flan, vegetables are diced whereas for a mousse vegetables are reduced in a purée.

Double-boiler cooking in an oven at 150°C-160°C.

Video

How to make a vegetable mousse.

You'll need English-style vegetables (boiled vegetables), here carrots, a strainer (colander), clarified butter, mousse tins (moulds), the Pacojet machine to make the vegetable purée, the egg, yolk and cream mixture, and the seasoning.

- Strain the carrots,

- Pour them directly into the Pacojet bowl without refreshing them,
- Use the cutter tongs to safely attach the sharp rotary cutters on to the magnetic end of the shaft,
- Attach the bowl then start processing,
- It will take 1 minute and a half,
- When the purée has been made, put it back into the saucepan,
- Dry out the purée for 2 to 3 minutes to remove excess water,
- You can also use a vegetable mill or a sieve to make the purée,
- Once the purée has dried out, combine with the egg, yolk and cream mixture,
- Pour the mixture through the conical sieve,
- Stir, taste and adjust seasoning if needed,
- Butter the tins (moulds), brushing up turnout wise (invert wise),
- Fill the tins to three quarters,
- Place the tins in a double-boiler,
- Don't forget to line the bottom with a sheet of greaseproof paper, if the water boils it will prevent water bubbles from getting into the mousse;
- Put in the oven at about 150°C to 160°C for 25 to 30 minutes,
- By means of a fine knife blade unstick the mousse from the edges of the mould then turn out.