

YOGHURT MOUSSE WITH MANGO SALSA AND PEACH SORBET



USED BRESC PRODUCTS



Bresc Harissa spice mix
450g



Bresc Strattu di pomodoro 450g

INGREDIENTS

4 

For the mousse

- 4 dl full-fat yoghurt
- 2 dl whipping cream
- 4 leaves gelatin
- 150 g sugar
- 3 egg whites

For the salsa

- 1 mango
- 4 sweet tomatoes
- 50 g Bresc Strattu di pomodoro
- 100 g sugar
- 3 g lavender
- 100 g honey
- potato starch

For the chilli snaps

- 100 g sesame seeds
- 100 g icing sugar
- 30 g flour
- 65 g orange juice
- 35 g melted butter
- 3 g Bresc Harissa

Other ingredients

- peach sorbet
- mini-meringues
- cress apple blossom
- raspberry sponge cake
- red-fruit coulis

PREPARATION METHOD

For the snaps, heat the oven to 175°C. Melt the butter and mix the remaining ingredients, adding the flour as last. Leave the batter to rest for half an hour in the fridge. Spread batter in circles on a silicon mat. Bake in the oven for 8 minutes.

For the mousse, whip the whipping cream until it has the consistency of yoghurt and then chill. Soak the gelatin in cold water.

Whisk the egg whites with the sugar until fluffy. Dissolve the gelatin in water and stir it into the yoghurt. Spoon it into the egg whites and then spoon the mixture into the cream. For the salsa, cut the mango into brunoise, the tomatoes into quarters, remove the seeds and chop into brunoise. Heat all the ingredients on the stove and cook thoroughly. Thicken with a little potato starch en allow to cool. Assemble the dessert with all the components and serve immediately.