



## STRAWBERRY BAVAROISE, MOUSSE AND FROZEN DESSERT

### THREE DIFFERENT IDEAS FOR EXQUISITE SPOON DESSERTS

DIFFICULTY LEVEL



#### BASIC RECIPE FOR STRAWBERRY FLAVOURED MOUSSE AND BAVAROISE

##### INGREDIENTS

LILLY FRAGOLA - 250G IF YOU PREFER A FIRMER TEXTURE AND A STRONGER FLAVOUR	g 200
WATER - OR MILK	g 300
LIQUID CREAM 35% FAT	g 1.000

##### PREPARATION

Whip cream, LILLY FRAGOLA and water or milk in a planetary mixer with a whisk attachment, until well combined and firm.

#### BASIC RECIPE FOR STRAWBERRY FLAVOURED FROZEN DESSERT

##### INGREDIENTS

LILLY FRAGOLA	g 200
WATER	g 300
- MADE WITH TOP MERINGUE	g 500
LIQUID CREAM 35% FAT - WHIPPED	g 500

##### PREPARATION

Mix LILLY to water using a whisk.

Combine the mixture to the Italian meringue by stirring gently.

Then, carefully combine to cream.

##### FINAL COMPOSITION

Pour the mousse or the bavaoise in proper silicone moulds and refrigerate for at least 2 hours or freeze them for at least 40 minutes.

Put the frozen desserts in the freezer for at least 40 minutes.

#### **AMBASSADOR'S TIPS**

If you prefer, you can add sugar to cream.

To use vegetable substitute for fresh cream, follow this recipe:

- vegetable cream g 800
- water g 450
- LILLY FRAGOLA g 200

It is recommended not to whip the mixture for too long, otherwise the mixture will become too firm.