

Foam mushrooms

Description

Chocolate specialty with egg white mousse



Yield

50 pieces of 28 g



Scheduling

Preparation: 60 minutes

Baking time: 10 minutes/170°C



Nutritional values (100 g or 100 ml)

energy: 1'870 kJ/447 kcal;

fat: 25 g, of which saturated 16 g;

carbohydrates: 49 g, of which sugars 42 g;

protein: 4.6 g; salt 0.1 g

Ingredients

Foam mushrooms (1'440 g)

990 g	foam mushroom cap, Ø 5 cm
400 g	foam mushroom stem, Ø 2 cm
50 g	couverture Piccoli Excellence 54%

Foam mushroom stem, Ø 2 cm (400 g)

250 g	couverture Piccoli Excellence 54%
100 g	foam mass for specialties
50 g	crunchy base, Ø 2 cm

Foam mixture for specialties: beaten egg whites (128 g)

25 g	sugar
13 g	egg white powder
70 g	water
20 g	sorbitol, liquid

Foam mushroom cap, Ø 5 cm (995 g)

15 g	cocoa butter color, white
15 g	cocoa butter color, yellow
15 g	cocoa butter color, red
500 g	couverture Piccoli Excellence 54%
300 g	foam mixture for specialties
150 g	crunchy base, Ø 4.5 cm

Foam mixture for specialties: syrup (281 g)

60 g	water
60 g	glucose syrup
20 g	honey
130 g	sugar
1 g	yellow ribbon pectin
8 g	lemon juice, fresh
2 g	vanilla sugar

Crunchy base (252 g)

85 g	breadcrumbs
55 g	whole milk
45 g	butter
45 g	sugar
20 g	egg
2 g	orange zest

Production

1

Foam mixture for specialties

Heat the ingredients for the syrup in a saucepan to 122°C. Meanwhile, beat the ingredients for the egg whites in a food processor until stiff. Slowly pour the hot syrup into the egg whites, stirring constantly. Then beat until cold.

Note: Process the foam mixture quickly after beating until cold.

2

Crunchy base

Mix the breadcrumbs with the milk and leave to soak. Cream the butter and sugar and stir in the egg. Add the breadcrumb mixture and orange zest and knead slowly for approx. 3 minutes.

Roll out the dough immediately to a thickness of 1.5 mm. Cut out circles using pastry cutters (Ø 2 cm and Ø 4.5 cm).

Bake at 170°C for approx. 10 minutes until golden brown.

3

Preparing molds

Melt the cocoa butter colors (white, yellow, and red) at 45°C. Color a clean chocolate mold (Felchlin Duetto) using a spray gun or brush. After each color, wipe the mold on paper to remove excess color.

Temper the couverture and pour out the hemispheres (cap and stem molds).

Place the molds upside down on a rack and allow the excess couverture to drain off. Smooth the surface. Leave the couverture to crystallize completely.

Note: Precisely crystallized couverture and highly polished, absolutely clean molds are essential to ensure a perfect mirror finish and optimal moldability.

4

Filling with foam mixture

Pipe the prepared mousse evenly into the half shells. Do not fill too high – stay about 1 mm below the rim.

Place a matching crunchy base on top and press down gently.

Caution: If the base is too thin or there is too much foam mixture, it may leak.

5

Assembling and finishing

Unmold both halves after hardening. Glue the stem to the mushroom cap with a dab of couverture.

Leave to dry at a stable ambient temperature (approx. 20–22°C).

6

Packaging and shelf life

Dry storing at 16–18°C, max. 60% humidity.

Shelf life: approx. 3–4 weeks.

Depending on size, combine several mushrooms in one packaging unit.