

Mascarpone and lime mousse on a liquorice bisquit

A creamy dessert with a fresh and summery taste.
A dessert that can also be served as spoon dessert. Excellent for cooling
off at any time, from tea-time to after dinner.



1h30'



4 people

Ingredients for the bisquit

45 gr Egg Yolk
110 gr Whole eggs
125 gr Caster sugar
2 gr Vanilla beans

70 gr Egg white
70 gr All-purpose flour
20 gr Licorice powder

Ingredients for the mousse

500 gr Mascarpone (creamy and milk cheese)
200 gr Whipping cream
60 gr Egg white
250 gr Sugar
100 gr Water
8 pcs Lime
14 gr Jelly Sheets

Ingredients for the soaking syrup

100 gr Water
10 gr Licorice powder

Ingredients for the macaroons

50 gr Egg white
140 gr Almond flour
140 gr Icing sugar

Procedure for the bisquit

Start with the preparation of the bisquit whipping the egg whites with 12gr of sugar, then beat the eggs, egg yolks and salt with the remaining sugar and vanilla until the mixture is smooth. Add the flour and the licorice powder little by little trying not to disassemble the mixture. Add the whipped egg whites, stirring slowly to avoid disassembling. Spread on a tray with baking paper and bake.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	220°	6'	/	OFF	V4	MANUAL AT 240°

Procedure for the mousse

Continue our dessert with the preparation of the mousse.

Soak the jelly in cold water. Peel the lime, obtaining a thin zest. Squeeze the lime and put the juice in a pot with water, bring to boil and add the zest. Let it boil for 3 minutes, then add 100gr of sugar, lower the heat and mix until all the sugar is dissolved. Filter the syrup using a strainer, keep on a side the zest that later will be chopped finely. Add the jelly to the syrup, mix until dissolved and keep on a side. Whip the cream, not too heavy, and put in the fridge. Whip the egg whites with the remaining sugar. In a big bowl mix the mascarpone by hand to make it softer, add the egg whites, the syrup and the whipped cream, mixing very fast to avoid the jelly make lumps. Add the zest finely chopped.

Put in the fridge to rest.

Procedure for the soaking syrup

Dissolve the licorice powder in the water.
If you like or if you can, you may use some licorice liqueur.

Procedure for the macaroons

Mix and sift almond flour and icing sugar.
Beat white eggs until stiff with the white sugar.
Add the flour mix and gently blend in altogether manually.
Let it rest for 10 minutes and then put in the tray covered by silpat using a sac-a-poche with 10mm nozzle making discs of 4cm diameter.
Beat the bottom of the tray to make them even.
Let it rest on the tray for another 30 minutes.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	160°	1'	/	10%	V4	MANUAL AT 180°
2	155°	4'	/	0%	V3 ST	
3	150°	4'	/	0%	V2	

Put in the pre-heated oven. Let them cool down for one hour.

Plating

Cut the bisquit as desired and put on the bottom of the plate.
Soak a little bit with the licorice mix. Put a layer of cream. Put another layer of soaked bisquit and a last layer of cream. Let it rest in the fridge for one hour.
Using a sac-a-poche, fill the macaroons with cream and close as usual.
Put on the plate sprinkling over some licorice powder

Chef's tips

When you whip the egg whites don't use the maximum speed, but no more than 70%.
It will be longer but the result will be more lasting.