**Foods 9/10(A)**

**TORTUFO – Italian Frozen Mousse (Foam)**

**Serves 4-5 (one recipe per unit)**

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| Serves 4 |  | Serves 5 |
| 30 mL | egg white | C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H2GF2FA4\frozen_coffee_mousse_with_chocolate_truffle[1].JPG40 mL |
| 3 mL | instant coffee powder | 4-5 mL |
| 5 mL | cocoa powder | 7 mL |
| f.g. (pinch) | salt | f.g. (pinch) |
| 15 mL | sugar | 20-25 mL |
| --------- | **-----------------------------** | **---------** |
| 125 mL | whipping cream | 150 mL |
| 30 mL | sugar | 40 mL |
| 2 mL | vanilla | 3 mL |

**\*NOTES:**

* The small mixing bowl and beaters that will contact the unbeaten egg whites must be thoroughly washed with hot, soapy water & rinsed before use. Any fat present (such as egg yolk or grease) will prevent the foam from gaining full volume.
* You will achieve the best volume from your foams if egg whites are **room temperature** and whipping cream is **cold**.

1. Line muffin pan with 4 or 5 paper liners.
2. In a **CLEAN**, small mixing bowl and with **CLEAN** beaters, beat egg white at high speed with an electric mixer until **just** shiny and **stiff peaks** hold their shape. Stiffly beaten egg whites should not slide around in the bowl. Do not over-beat or egg whites will become dull and dry and they will not hold air.
3. In a custard cup, combine coffee powder, cocoa, salt and first amount of sugar in ingredient list (15 mL for 4 servings **OR** 20-25 mL for 5 servings).

Stir in 10-15 mL of the whipping cream and mix to form a paste.

1. Gently **fold** the coffee mixture in to the beaten egg white.
2. ****Meanwhile, in a **separate** (medium) bowl, whip the remaining whipping cream. When cream begins to thicken **slightly**, add the vanilla and gradually beat in the remaining 30/40 mL of sugar. Beat until peaks hold. It should look similar to the egg whites. Do not over-beat cream or you will make butter.
3. **Fold** the egg white mixture into the whipped cream.
4. Spoon equally into the prepared muffin cups.
5. Cover tightly with plastic wrap, label and freeze.
6. Sift a little cocoa powder over the top when serving.

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