

# Mousseline and Mousse

## Lesson 8

### Advanced Garde Manger

#### 1. Mirror Design (Layout)

- ◆ Pate en Croute
- ◆ Protein Terrine
- ◆ Vegetable Terrine



#### 2. Mousseline - Today's Topic

- ◆ Protein - raw = base
- ◆ Egg whites = binder
- ◆ Whipped cream = aerator
  - **Fine/smooth/light**



#### 3. Mousse - Today's Topic

- ◆ Cooked = base
- ◆ Binder = Aspic
- ◆ Aerator = heavy cream (whipped)



## Technical Tasks Today

- ◆ Prop up mirror with little hotel pan
- ◆ Gross Piece
- ◆ Shingle with 8 slices down in a strong line
- ◆ Important: For the final, everything has to be glazed.
- ◆ Dry vegetable terrine because it has vinaigrette in it and it's made with oil.

## **Mousseline and Mousse**

**Similar yet drastically different - same issue - one is cooked (poached in oven) and the other isn't cooked.**

1. Discipline: Per bench - take 2 more terrine molds for mousseline and mousse.
2. Prior to this, we used fairly heavy proteins (pork, beef, chicken) medium weight for cement.
3. .Now using seafood - exclusively using seafood, now going super fine.
4. Quality of food: light and delicate.
5. Can't use heavy protein - except foie gras
6. Example of a light and delicate mousse - Chocolate mousse
7. Look for pockets of air bubbles in chocolate mousse or savory mousse.
8. Lighter protein, seafood, should dissolve in your mouth - no crunch - delicate.
9. Savory mousse - mousse and mousseline - colors need to be pale, light, creamy colors (no dark colors) except maybe in garnish; but they need to be delicate, too. Example: scallions are more delicate than leeks.
10. Blanch scallions: use to line mousseline or as an outside garnish.
11. If using avocado, dip in acidulated water.
12. You can julienne a vegetable, but you have to blanch it off a little bit.
13. When you're working with seafood as a garnish, it can be a problem. For example: If you puree up some scallops. Use tannis and a bench scraper to get rid of any fiber. You're looking for a smooth paste.
14. Season at the end with salt and white pepper (preferred). Tannis will take out all of the seasoning if you season at the beginning.
15. Principles of both mousseline and mousse:
  - ◆ Base
  - ◆ Binder
  - ◆ Aerator

16. Mousseline: raw protein, egg whites and whipped cream.
17. Mousse: cooked, aspic and heavy cream (whipped).

## **Demonstration**

### **Making a Smoked Salmon Mousse**

1. Check your equipment: example underneath robot coupe. Blade can have gunk on it. Don't want gunk in product. Check little mini robot coupes at home, too.
2. By definition, you can't actually make a smoked salmon mousseline (protein is raw).
3. Smoked salmon is nice and pink, beautiful color - flip it over - get rid of black little speckle.
4. Quickly chop up salmon - give robot coupe a break.
5. Seasoning: salt (Kosher) and white pepper. Hold off on both though because there is salt in smoked salmon.
6. Put heavy cream in mixer. You're looking for medium peaks.
7. Puree salmon in robot coupe.
8. Need to add a little bit of liquid because there is no moisture in salmon so far.
9. Because heavy cream is in recipe, use it.
10. Now has a nice puree going on.
11. Add a little more of heavy cream.
12. Not making butter, don't puree too much.
13. You're looking for some texture in base.
14. Also want medium to less peaks on heavy cream.
15. Add whipped cream to base. The more whipped cream added to base, the more product. It keeps the cost down. Use inexpensive heavy cream instead of expensive protein, such as smoked salmon.
16. Fold in whipped cream. Folding technique: Take from bottom and bring it up to the top.

17. The seasoning isn't added until the end.
18. How much aspic do you add? Just enough to help set up mold.
19. Check taste. Add seasoning. Taste again. Add aspic. Check taste again.
20. The temperature of the aspic must be at 100 degrees. Any hotter and it will deflate the whipped cream.
21. With a little aspic stick garnish (salmon roe and dill) to bottom of saran-wrapped cup, so it doesn't move or float.
22. Use piping bag, which makes it easier to put mousse in ramekin. Pipe in a circular motion.
23. Avocado mousse - makes 6, 7 or 8 mousses. This is simply a different form of guacamole.
24. Each bench makes a mousseline and a mousse. Put the mousse in four or five cups. Line mold and cups with saran wrap. Bench 4 will make the Shrimp & Scallop Mousseline on a half-round terrine mold, and a Blue Cheese Mousse.
25. Mousseline is raw and a mousse is ready to eat. Both are pureed. Both have an aerator, a binder: egg whites in the mousseline and aspic in the mousse.

