

## *chapter twelve*

# Custards, creams, mousses, and soufflés

*W*

hen the pastry chef combines eggs, milk, and sugar and bakes them, the result may be a smooth and creamy crème brûlée or a silky crème caramel. When these same ingredients are stirred together over gentle heat, vanilla sauce, or crème anglaise, is the result. Starches or gelatin can be included to produce textures that range from thick but spoonable to a sliceable cream. Folding in meringue or whipped cream produces mousse, Bavarian cream, diplomat cream, chibouste, or a soufflé.

# Baked custards

A simple baked custard calls for blending eggs, a liquid such as milk or cream, and sugar and baking until set. There are two basic methods for making a custard base: cold and warm. For the cold method of mixing a custard base, the ingredients are simply stirred together, then poured into molds and baked. The warm method of creating baked custards is best used when creating large batches or when seeking an optimal finished product quality for batches large and small. It produces a silkier, more even texture in the finished custard than does the cold method, as well as allowing the baker to infuse the milk or cream with flavorings such as coffee, tea, or spice.

1. Heat the milk or cream and some of the sugar, stirring with a wooden spoon until the sugar is completely dissolved. Milk or cream is the most common base for custard; heavy cream lends a richer flavor and mouthfeel than milk. Mascarpone, cream cheese, or another soft fresh cheese may be substituted for part of the cream to yield a richer and firmer result.

Using a wooden spoon will prevent heat transfer from the mixture to the surface of the tool that you hold. Its lack of ability to conduct heat will also prevent any change in temperature of the heating mixture.

2. Add the flavorings at this point and allow steeping, if necessary, off the heat and covered, long enough for them to impart a rich, full flavor. Vanilla beans, coffee, tea, and spices are commonly used as flavorings in baked custards. Vanilla and coffee beans, whole or ground, as well as tea, may be left to steep in the mixture and then strained out once infused. Powdered or instant coffee may be added and dissolved into a small extraction of the mixture, which is then stirred back into the mixture as a whole.
3. Return the mixture to a boil.
4. Blend the eggs and the remaining sugar to make a liaison. The proportion of eggs also may be varied, as may the choice of whole eggs, yolks only, or a combination. Use extra yolks along with whole eggs for a softer custard. Use only egg yolks for a richer, creamier mouthfeel. Use all whole eggs to give more structure to custard that is to be unmolded.
5. Whisking constantly, slowly add about one-third of the hot milk, a few ladlefuls at a time, to the liaison to temper it. Slowly incorporating the milk into the liaison of egg and sugar is done to control the temperature rise that occurs when adding the hot milk into the cooler mixture. Without tempering, the abrupt addition of the hot milk would begin to cook the egg in the liaison.
6. Once the liaison is tempered, you can add the rest of the hot milk more rapidly without scrambling the egg mixture.
7. Pour the mixture through a fine-mesh strainer. This step ensures that any scrambled egg created during tempering is removed from the final custard mixture.
8. Ladle the custard into molds. The molds can be coated with a light film of softened butter if you intend to unmold the custard. This coating will help the custard to be freed without cracking or damage to the integrity of the custard once it is later removed from the mold.

9. Bake the custard in a hot water bath. Using a hot water bath ensures even baking through gentle heat at a constant temperature. Hot water baths also prevent the formation of a crust on the surface of the custard, as well as any rapid expansion that would result in cracks on the custard's surface.
10. To check the custard for doneness, shake the mold gently. When the ripples on the surface move back and forth, rather than in concentric rings, the custard is properly baked.
11. Remove the molds from the water bath and wipe the ramekins dry. If not removed from the water bath, the custards will continue to cook. This can result in overdone custards that lack a smooth texture and have a pronounced, "eggy" flavor.
12. Place on a cool sheet pan, allow them to cool, and then store under refrigeration.



Tempering the eggs by adding some of the hot milk

## *hot water bath*

A hot water bath, or bain-marie, ensures gentle heat at a constant temperature, allowing for even baking or cooking. Select a pan with sides at least as high as the sides of the molds. Set the molds in the pan as they are filled, leaving about 1 in/3 cm around each mold so it will be surrounded by hot water. Set the pan securely on

the oven deck or rack. Add enough very hot or boiling water to the pan to come to about two-thirds of the height of the molds. Be careful not to splash or pour any water into the custards. After the custards are properly baked and removed from the oven, they should also be removed from the hot water bath.

## *pan preparation for unmolded baked custards*

Generally, pans or ramekins that are to be used for baked custards do not need any preparation. The one exception is a custard that is to be unmolded, such as crème cara-

mel. In this case, some chefs choose to give the baking containers a very light coating of softened butter or other fat.

## Unmolding custards

Crème caramel is perhaps the most common baked custard that is served unmolded; for this reason the formula must be balanced with enough eggs (whole or yolks) so that the custard will keep its shape when unmolded. The custard should be unmolded carefully so that the sides remain smooth. The custard will be smooth, glossy, and creamy white except near the top, where some of the caramel will have baked into the custard, imparting some of its rich flavor and golden color.

It is imperative that the custard be left under refrigeration for a minimum of 24 hours in order for the caramel to liquefy and create the characteristic sauce for this dessert.

To unmold a custard that has been baked in a ramekin, run a knife or metal spatula around the rim, pressing against the side of the ramekin rather than the custard so as to avoid cutting or marring it. Invert onto a service plate and tap lightly to release. If the custard was baked in an individual aluminum cup, simply invert the mold onto a service plate and puncture the bottom to release the custard.



LEFT: A hot water bath ensures gentle, even heat, a requirement for beautiful custard.

RIGHT: Run a knife around the edge of the mold and invert onto a plate to unmold.

## Stirred creams and puddings

Stirred puddings and creams both contain milk (or a similar dairy base), sugar, and a starch, and both are cooked by stirring over direct heat. Creams and puddings are prepared on the stovetop. They must be cooked, stirring constantly, until they come to a full boil, both so the starch is heated sufficiently to thicken the mixture and to remove any undesirable flavor and mouthfeel that uncooked starch would contribute. The starch in the mixture prevents the coagulation of the egg proteins, allowing these products to be cooked to higher temperatures than those made without a starch. Stirred custards, such as vanilla sauce or zabaglione should never be boiled, as they are thickened with eggs rather than starch.



LEFT: The custard must be stirred as it thickens to prevent it from scorching on the bottom of the pan.

RIGHT: Test for nappé by dragging a finger through the custard sauce on the back of a wooden spoon.



LEFT: Strain the prepared vanilla sauce through a fine-mesh sieve into a bain-marie in an ice bath to ensure it is completely smooth and cools quickly.

RIGHT: Placing parchment or plastic wrap directly on the surface of the custard prevents the formation of a skin as it cools.

## *bread pudding*

Bread pudding is a traditional baked custard that is made with bread and flavorings that are mixed together with a simple custard mixture. Any type of bread can be used, but enriched breads such as brioche and challah impart the best flavor. One of the most important steps in making any bread pudding is allowing the bread sufficient time to absorb some of the custard mixture; if the bread is not allowed to soak in the custard for long enough, the texture of the pudding will suffer.



Pour the mixed custard over the cubed bread and other filling ingredients, just to cover.

# Gelatin

Gelatin is used as a stabilizer in many bakeshop preparations. In small amounts, gelatin adds body; in greater amounts, it can set a liquid so firmly that it can be sliced or cut into shapes. Using the precise amount of gelatin is crucial: If too little is used, it will not add enough stabilizing power, while if too much is used, the texture will become rubbery and unpalatable, and the flavor undesirable.

Gelatin is a protein composed of molecules that attract water; gelatin is rehydrated, or bloomed, in order to allow these molecules to swell, absorbing moisture.

Since the product will begin to set immediately after the gelatin is added, always prepare all molds, service containers, and so forth before beginning preparation. Some gelatin-stabilized items are served in their molds; others are unmolded before service. To unmold, dip the mold briefly into very hot water, then invert the mold onto a plate and tap it gently to release the item.

1. Gelatin must be rehydrated, or bloomed, and then melted before use. To bloom, soak it in the amount of liquid specified in the formula, which should be approximately 8 fl oz/240 mL of a water-based liquid for every 1 oz/28 g of granulated gelatin. An alternate method commonly used for blooming sheet gelatin is to soak the sheets in enough cold water to completely submerge them. If this method is used, after blooming gently squeeze and wring the sheets to force the excess water out, so as not to add additional liquid to the formula, which would change the consistency and flavor of the finished product.
2. After it is bloomed, the gelatin must be melted. To melt bloomed gelatin, place it in a pan or bowl over low heat or a hot water bath until liquefied. Then stir the melted gelatin into a warm or room-temperature base mixture. (If the base is cold, the gelatin may set up unevenly.) If the base is quite warm or hot (at least 105°F/41°C), however, you may opt to add the bloomed gelatin directly to the hot base, rather than melting it separately, and allow the base's heat to melt the gelatin. Be sure to stir gelatin added this way until it is completely blended into the base.

As the bloomed gelatin is heated, the water-attracting molecules dissolve completely. Through cooling, the proteins in the gelatin mixture join together to form a three-dimensional web that holds the absorbed moisture. It is the development of this system in the gelatin that results in what we know of as a gel; when added to other mixtures, or bases, the presence of this protein web is what results in a set, stabilized product.



Bloomed sheet gelatin (left); bloomed granulated gelatin (right)

# Steamed puddings

Plum pudding (also known as Christmas pudding) is probably the best-known steamed pudding. Steamed puddings are cake-like. Unlike other puddings in this chapter, they contain very little—if any—dairy products such as milk or cream. The traditional base for steamed puddings is a mixture of bread crumbs and suet. Some steamed puddings are based on cake crumbs and butter.

1. To steam a pudding, place a wire rack in a pot large enough to allow the mold to be surrounded by water.
2. Add enough water to the pot so that approximately half the mold will be immersed.
3. Bring the water to a boil and carefully place the mold in the pot, setting it securely on the wire rack. Molds for steamed puddings are typically ceramic or metal, and sometimes are referred to as *basins*. Pudding molds commonly have a center tube and fluted sides. Some have a lid that clamps in place; however, if a mold is lidless, use buttered parchment paper, plastic wrap, or foil to tightly seal the batter.
4. Cover the pot and bring the water to a gentle boil. Check the pot often and add more boiling water as necessary to ensure that the water level remains constant.

# Mousse

The name for this delicate dessert comes from a French word that translates literally as “frothy, foamy, or light.” To make a mousse, an aerator such as whipped cream or a meringue is folded into a base such as a fruit purée, vanilla sauce, cream or pudding, curd, sabayon, or *pâte à bombe*. The base should be light and smooth so the aerator can be incorporated easily. Stabilizers such as gelatin may be used in varying amounts, depending on the desired result. If a mousse is stabilized with gelatin, it will begin to set immediately, so prepare all molds, serving containers, and so forth before beginning preparation.

Folding is the technique used to combine a foamy mixture, such as meringue, whipped cream, or beaten egg whites, into a base mixture. The base is usually denser or firmer than the foam and will inevitably collapse the foam somewhat. Proper folding ensures that the foam loses as little volume as possible.

1. To make an egg-safe mousse, use pasteurized egg whites or a Swiss or Italian meringue. Whip the base until soft peaks form.
2. Cool the base if necessary before adding the foam. Add the foam to the base, rather than the other way around, and if using more than one foam, add the least stable one last. For example, if you are adding both a meringue and whipped cream, add the meringue first and then the cream.
3. Working quickly, add a small amount of the foam to the base to lighten it. Some pastry chefs add the foams in thirds for the greatest possible volume. Fold the foam in with a rubber spatula or other tool with a similar broad, flat surface. Using a circular motion, gently run the spatula over the mixture, down and across the bottom of the bowl, and back up to the top again. Rotate the bowl as you work to mix the foam in evenly. Continue to fold the base and foam together until you have an even color and consistency, with no visible pockets of meringue, whipped cream, or the like.
4. Immediately pipe or ladle into prepared pastries or molds. Refrigerate until completely set.





Fold the cream in gently and quickly to maintain volume.



Portion the mousse immediately after preparation.

## Bavarian cream

A Bavarian cream is vanilla sauce stabilized with gelatin and lightened and aerated with an equal proportion (by weight) of whipped cream. Bavarian cream can be used for individual dessert preparations. It can be piped and used in cakes, tortes, and charlottes.

Since the Bavarian cream will begin to set immediately once it is finished, any molds, service containers, and so on should be prepared before beginning preparation.

1. Whip the cream and reserve under refrigeration so it is ready to be folded into the vanilla sauce mixture. Reserving the whipped cream under refrigeration prevents the fat in the cream from melting, thus keeping the cream full and aerated.
2. The vanilla sauce should be allowed to cool but should not be cold. Gelatin is likely to set up unevenly when added to a cold base; it is important that the vanilla sauce not be cold so that with the addition of the gelatin, it is able to set up evenly.
3. Blend any flavorings to be added, such as melted chocolate, fruit purée, or liqueur, into the vanilla sauce. The sauce should be intensely flavored, as the whipped cream will dilute its flavor. The addition of the whipped cream serves to lighten and aerate the gelatin-stabilized vanilla sauce.
4. The finished Bavarian can be molded or used as a filling or topping.



Folding by hand with a whip

# Hot soufflés

A hot soufflé is made with a flavored base lightened by folding in whipped egg whites, much like a mousse, but rather than being stabilized and chilled, it is baked to further expand the air bubbles trapped in the egg whites and served directly from the oven. Pastry cream and fruit purées are the most common bases for dessert soufflés. If using a flavored pastry cream, it should have a pronounced flavor, as the meringue will lessen the flavor intensity of the base. Any pastry cream can serve as the base for a soufflé. However, specific formulations of pastry cream can increase the stability of the soufflé by the type and amount of starch used. The formula included here uses flour, but in some cases you may want to combine different starches to achieve specific desired results.

1. Before preparing the soufflé mixture, prepare the ramekins. Coat the inside and rim of each ramekin lightly but evenly with softened butter. Dust the molds with granulated or confectioners' sugar. The sugar coating will help the soufflé batter to rise as it bakes. Sugar attracts moisture, which in baking turns to steam, assisting in the rising of the batter. A properly sugared soufflé mold is coated with sugar inside as well as over the greased rim.
2. The base for a soufflé should be as light as possible before folding in the meringue. To lighten a pastry cream that has just been prepared, it should be beaten until cool. One that has been under refrigeration should be beaten until completely smooth.
3. Beat the meringue to soft peaks. Folding the meringue into the flavored base will agitate the meringue, acting to further aerate and bring it to stiffer peaks, and it is important that the foam still have enough elasticity to expand as it bakes. Meringue beaten to stiff peaks will not expand as much during baking, and the soufflé will not rise as high. After the meringue has been folded into the base until evenly mixed, the batter should have a consistency similar to that of a soft peak meringue.
4. Immediately fill the prepared ramekins. Wipe away any drops of batter.
5. Bake the soufflés until they rise about 1 in/3 cm (or more) above the rims of the molds and are lightly set. Baking the soufflés serves to further expand the air bubbles trapped in the egg whites, thus causing the product to rise. A properly raised soufflé should rise tall and straight above the rim of the mold.
6. Serve them immediately, with an appropriately flavored sauce or other garnish. Hot soufflés must be served immediately because shortly after removal from the oven, they will begin to deflate.



A properly sugared soufflé mold is coated with sugar over the rim of the mold.

# Crème brûlée

MAKES 10 SERVINGS (5 FL OZ/150 ML EACH)

|                                   |          |        |
|-----------------------------------|----------|--------|
| Heavy cream                       | 32 fl oz | 960 mL |
| Granulated sugar                  | 6 oz     | 170 g  |
| Salt                              | pinch    | pinch  |
| Vanilla beans                     | 1 each   | 1 each |
| Egg yolks, beaten                 | 5½ oz    | 156 g  |
| Brûlée sugar blend (page 896)     | 5 oz     | 142 g  |
| Confectioners' sugar, for dusting | 4½ oz    | 128g   |

**1** Combine the cream, 3 oz/85 g of the sugar, and the salt in a nonreactive saucepan and bring to a simmer over medium heat, stirring gently with a wooden spoon. Remove from the heat. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes.

**2** Bring the cream to a boil.

**3** Meanwhile, blend the egg yolks with the remaining 3 oz/85 g sugar. Temper by gradually adding about one-third of the hot cream, stirring constantly with a whisk. Add the remaining hot cream. Strain and ladle into ramekins, filling them three-quarters full.

**4** Bake in a water bath at 325°F/163°C until just set, 20 to 25 minutes.

**5** Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.

**6** To finish the crème brûlée, evenly coat each custard's surface with a thin layer (¼ in/1.5 mm) of brûlée sugar. Use a propane torch to melt and caramelize the sugar. Lightly dust the surface with confectioners' sugar and serve.

**NOTE** Vanilla extract can be substituted for the vanilla bean. Blend 1 tbsp/15 mL into the custard just before portioning into the ramekins. Vanilla beans that are used to infuse flavor into preparations such as custards can be rinsed under cold water, dried, and stored for a later use, such as making Vanilla Sugar (page 901).

**VARIATIONS CINNAMON CRÈME BRÛLÉE** Add 3 cinnamon sticks to the cream mixture in step 1. Strain after steeping and proceed as directed above.

**COCONUT CRÈME BRÛLÉE** Add 2 oz/57 g toasted coconut to the cream mixture in step 1. Strain after steeping and proceed as directed above.

**COFFEE CRÈME BRÛLÉE** Add 1 oz/28 g coarsely ground dark roast coffee beans to the cream mixture in step 1. Strain after steeping and proceed as directed above.



Caramelize the sugar on top of the crème brûlée with a torch.

# Chocolate crème brûlée

MAKES 10 SERVINGS (5 FL OZ/150 ML EACH)

|                                   |          |        |
|-----------------------------------|----------|--------|
| Heavy cream                       | 32 fl oz | 960 mL |
| Sugar                             | 6 oz     | 170 g  |
| Salt                              | pinch    | pinch  |
| Vanilla beans                     | 1 each   | 1 each |
| Egg yolks, beaten                 | 5½ oz    | 156 g  |
| Bittersweet chocolate, melted     | 6 oz     | 170 g  |
| Brûlée sugar blend (page 896)     | 5 oz     | 142 g  |
| Confectioners' sugar, for dusting | 4½ oz    | 128 g  |

- 1 Combine the cream, 3 oz/85 g of the sugar, and the salt in a nonreactive saucepan and bring to a simmer over medium heat, stirring gently with a wooden spoon. Remove from the heat. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes.
- 2 Bring the cream to a boil.
- 3 Meanwhile, blend the egg yolks with the remaining 3 oz/85 g sugar. Temper by gradually adding about one-third of the hot cream, stirring constantly with a whisk. Add the remaining hot cream. Gradually add about one-third of the hot custard to the chocolate, whipping constantly, then add the remaining hot custard. Strain and ladle into ramekins, filling them three-quarters full.
- 4 Bake in a water bath at 325°F/163°C until just set, 20 to 25 minutes.
- 5 Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.
- 6 To finish the crème brûlée, evenly coat each custard's surface with a thin layer ( $\frac{1}{16}$  in/1.5 mm) of brûlée sugar. Use a propane torch to melt and caramelize the sugar. Lightly dust the surface with confectioners' sugar and serve.

# Pumpkin crème brûlée

MAKES 10 SERVINGS (5 FL OZ/150 ML EACH)

|                                   |          |        |
|-----------------------------------|----------|--------|
| Heavy cream                       | 24 fl oz | 720 mL |
| Pumpkin purée                     | 8 oz     | 227 g  |
| Sugar                             | 6 oz     | 170 g  |
| Salt                              | pinch    | pinch  |
| Vanilla beans                     | 1 each   | 1 each |
| Egg yolks, beaten                 | 5½ oz    | 156 g  |
| Brûlée sugar blend (page 896)     | 5 oz     | 142 g  |
| Confectioners' sugar, for dusting | 4½ oz    | 128 g  |

- 1 Combine the cream, pumpkin purée, 3 oz/85 g of the sugar, and the salt in a nonreactive saucepan and bring to a simmer over medium heat, stirring gently with a wooden spoon. Remove from the heat. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes.
- 2 Bring the cream to a boil.
- 3 Meanwhile, blend the egg yolks with the remaining 3 oz/85 g sugar. Temper by gradually adding about one-third of the hot cream, stirring constantly with a whisk. Add the remaining hot cream. Strain and ladle into ramekins, filling them three-quarters full.
- 4 Bake in a water bath at 325°F/163°C until just set, 20 to 25 minutes.
- 5 Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.
- 6 To finish the crème brûlée, evenly coat each custard's surface with a thin layer ( $\frac{1}{16}$  in/1.5 mm) of brûlée sugar. Use a propane torch to melt and caramelize the sugar. Lightly dust the surface with confectioners' sugar and serve.

# Vanilla and rosemary cremeux

MAKES 2 CAKE PANS (6 IN/15 CM EACH)

|                |         |        |
|----------------|---------|--------|
| Gelatin sheets | ¼ oz    | 7 g    |
| Milk           | 8 fl oz | 240 mL |
| Heavy cream    | 8 fl oz | 240 mL |
| Sugar          | 3½ oz   | 99 g   |
| Salt           | pinch   | pinch  |
| Vanilla beans  | 1 each  | 1 each |
| Rosemary       | ¼ oz    | 7 g    |
| Egg yolks      | 6 oz    | 170 g  |

- 1 Bloom the gelatin in cold water. Drain and set aside.
- 2 In a saucepan, combine the milk and cream, 2½ oz/71 g of the sugar, and the salt and bring to a simmer over medium heat, stirring gently with a wooden spoon. Remove from the heat. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds and the rosemary to the pan, cover, and steep for 15 minutes.
- 3 Bring the cream to a boil.
- 4 Meanwhile, blend the egg yolks with the remaining 1 oz/28 g sugar. Temper by gradually adding about one-third of the hot milk and cream mixture, stirring constantly with a whisk. Add the remaining hot milk and cream.
- 5 With the pan removed from the heat, add the bloomed gelatin. Strain and cool in an ice water bath until it just starts to thicken.
- 6 Pour into the cake pans or other desired molds lined with plastic wrap and freeze.

# Banana cremeux

**MAKES 10 SERVINGS**

|   |         |        |
|---|---------|--------|
| <b>Bananas, fully ripe, unpeeled</b>    | 6 oz    | 170 g  |
| <b>Gelatin sheets</b>                   | 1 each  | 1 each |
| <b>Heavy cream</b>                      | 4 fl oz | 120 mL |
| <b>Milk</b>                             | 1 fl oz | 30 mL  |
| <b>Vanilla beans, split and scraped</b> | ½ each  | ½ each |
| <b>Sugar</b>                            | 1¾ oz   | 50 g   |
| <b>Egg yolks</b>                        | 3 oz    | 85 g   |

- 1 Place the bananas in a half hotel pan and roast the bananas in their skins in a 350°F/177°C oven until they crack, the skin turns black, and they begin to seep, about 15 minutes.
- 2 Let the bananas cool to room temperature.
- 3 Bloom the gelatin in cold water. Drain and set aside.
- 4 Bring 3 fl oz/90 mL of the cream, the milk, the vanilla bean and seeds, and half of the sugar to a boil in a medium sauce pot over medium heat.
- 5 Meanwhile, combine the yolks, the remaining cream, and the remaining sugar in a bowl and mix together with a whisk until well blended.
- 6 Temper the yolk mixture by gradually adding about one-third of the hot cream mixture, whisking constantly. Return the tempered egg mixture to the remaining hot cream in the sauce pot and cook, stirring constantly, until the mixture thickens enough to coat the back of a spoon (180°F/82°C).
- 7 Remove from the heat and let the mixture cool slightly.
- 8 Peel the skin off the bananas. Remove the pod of the vanilla bean. Combine the cream mixture with the roasted bananas in a blender and blend for 30 seconds, until smooth.
- 9 Pour the mixture into a bowl and temper 3 oz/85 g of the warm blended mixture with the bloomed gelatin. Return the melted gelatin mixture to the rest of the mixture. Strain through a fine-mesh sieve.
- 10 Using a confectionery funnel, evenly fill flexible disk molds 1½ in wide by ½ in deep/4 cm wide by 1 cm deep three-quarters full. Wrap with plastic wrap and freeze the molds for at least 12 hours. Keep frozen until needed and carefully unmold while still frozen for assembly.

# Basil cremeux

MAKES 1 LB 11½ OZ/780 G

|                        |           |           |
|------------------------|-----------|-----------|
| Gelatin sheets         | ¼ oz      | 7 g       |
| Milk                   | 8 oz      | 227 g     |
| Heavy cream            | 8 oz      | 227 g     |
| Salt                   | pinch     | pinch     |
| Sugar                  | 3½ oz     | 100 g     |
| Vanilla beans          | 1 each    | 1 each    |
| Egg yolks              | 6 each    | 6 each    |
| Basil purée (see Note) | as needed | as needed |

- 1 Bloom the gelatin in cold water. Drain and set aside.
- 2 Combine the milk and cream with the salt and 2 oz/57 g of the sugar in a nonreactive saucepan and bring to a boil, stirring to dissolve the sugar. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes. Strain before use.
- 3 Meanwhile, blend the egg yolks with the remaining 1½ oz/43 g sugar using a whisk.
- 4 Temper the egg yolks by gradually adding one-third of the hot milk, whisking constantly. Return the tempered egg mixture to the remaining hot milk in the saucepan and continue cooking until the mixture thickens enough to coat the back of a spoon.
- 5 Add the basil purée to the vanilla sauce and adjust to taste. Blend, stirring gently. Strain.
- 6 Add the bloomed gelatin and, stirring constantly, cool over an ice water bath to 70°F/21°C.
- 7 Pour into molds as desired and freeze.

**NOTE** To prepare the basil purée, blanch basil leaves in boiling water for 5 seconds. Shock in cold water. Purée with Simple Syrup (page 900) to a thick, smooth consistency.



# Macadamia cremeux

**MAKES 3 LB 12 OZ/1.70 KG**

|                                       |         |         |
|---------------------------------------|---------|---------|
| <b>Gelatin sheets</b>                 | ⅓ oz    | 9 g     |
| <b>Heavy cream</b>                    | 2 lb    | 907 g   |
| <b>Salt</b>                           | pinch   | pinch   |
| <b>Sugar</b>                          | 5 oz    | 142 g   |
| <b>Vanilla beans</b>                  | 3 each  | 3 each  |
| <b>Egg yolks</b>                      | 12 each | 12 each |
| <b>Macadamia nut paste (see Note)</b> | 8 oz    | 227 g   |

- 1** Bloom the gelatin in cold water. Drain and set aside.
- 2** Combine the cream with the salt and 3 oz/85 g of the sugar in a nonreactive saucepan and bring to a boil, stirring to dissolve the sugar. Split the vanilla bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes.
- 3** Meanwhile, blend the egg yolks with the remaining 2 oz/57 g sugar using a whisk.
- 4** Temper the egg yolks by gradually adding one-third of the hot cream, whipping constantly. Return the tempered egg mixture to the remaining hot cream in the saucepan and continue cooking until the mixture thickens enough to coat the back of a spoon.
- 5** Add the macadamia nut paste to the vanilla sauce. Blend using an immersion blender.
- 6** Off the heat, add the bloomed gelatin and, stirring constantly, cool over an ice water bath to 70°F/21°C.
- 7** Pour into molds as desired and freeze.

**NOTE** To make macadamia nut paste, toast nuts in a 300°F/149°C oven. Place in the food processor and process until a slightly chunky paste is obtained.

# Crème caramel

MAKES 6 SERVINGS (4 OZ/113 G EACH)

| CARMEL                   |         |        |
|--------------------------|---------|--------|
| Sugar                    | 5 oz    | 142 g  |
| CUSTARD                  |         |        |
| Milk                     | 7 fl oz | 105 mL |
| Heavy cream              | 7 fl oz | 30 mL  |
| Sugar                    | 1¾ oz   | 50 g   |
| Vanilla beans (optional) | 1 each  | 1 each |
| Eggs                     | 10 oz   | 284 g  |

- 1 To prepare the caramel, add a small amount of the sugar to a medium-hot pan set over medium heat and allow it to melt, then add the remaining sugar in small increments, allowing each addition to fully melt before adding the next. Continue this process until all the sugar has been added to the pan, and cook to the desired color. Carefully divide the liquid among the bottoms of the ramekins.
- 2 To prepare the custard, warm the milk and cream and half of the sugar and remove from the heat. If using a vanilla bean, split the bean, scrape the seeds from the pod, add both the pod and seeds to the pan, cover, and steep for 15 minutes.
- 3 Combine the eggs and the remaining sugar.
- 4 Temper by gradually adding about one-third of the hot milk and cream, stirring constantly with a whisk. Add the remaining hot milk and cream. Do not return to the heat.
- 5 Strain and divide the custard mixture among the prepared ramekins.
- 6 Bake in a water bath at 325°F/163°C until just set, 20 to 25 minutes.
- 7 Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.

**VARIATION CRÈME CARMEL WITH GRAND MARNIER** Add 1 fl oz/30 mL of Grand Marnier in step 4 after adding the remaining hot milk and cream.

# Pots de crème

**MAKES 12 SERVINGS (4 FL OZ/120 ML EACH)**

| CAMEL                       |          |        |
|-----------------------------|----------|--------|
| Sugar                       | 5 oz     | 142 g  |
| CUSTARD                     |          |        |
| Milk, warm                  | 16 fl oz | 480 mL |
| Heavy cream, warm           | 16 fl oz | 480 mL |
| Eggs                        | 6 oz     | 170 g  |
| Egg yolks                   | 2 oz     | 57 g   |
| Sugar                       | 3 oz     | 85 g   |
| Semisweet chocolate, melted | 4 oz     | 113 g  |
| Vanilla extract             | 1 tbsp   | 15 mL  |

- 1** To prepare the caramel, add a small amount of the sugar to a medium-hot pan set over medium heat and allow it to melt, then add the remaining sugar in small increments, allowing each addition to fully melt before adding the next. Continue this process until all the sugar has been added to the pan, and cook to the desired color.
- 2** To make the custard, carefully add the milk and cream to the caramel over the heat, stirring to incorporate, and bring to a boil.
- 3** Meanwhile, blend the eggs and egg yolks with the sugar to make the liaison. Temper by adding about one-third of the hot cream mixture, whisking constantly. Add the remaining hot cream mixture. Gradually add about one-third of the hot custard to the chocolate, whisking constantly, then add the remaining hot custard and the vanilla. Strain and ladle into ramekins, filling them three-quarters full.
- 4** Bake in a water bath at 325°F/163°C until fully set, about 30 minutes.
- 5** Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.

# Pastry cream

MAKES 3 LB/1.36 KG

|   |                  |                 |
|---|------------------|-----------------|
| Milk  | 32 fl oz         | 960 mL          |
| Sugar   | 8 oz             | 227 g           |
| Butter  | 3 oz             | 85 g            |
| Salt  | pinch            | pinch           |
| Cornstarch                                      | 3 oz             | 85 g            |
| Eggs  | 12 oz            | 340 g           |
| Vanilla extract<br>or vanilla beans, seeds only | 1 tbsp<br>1 bean | 15 mL<br>1 bean |

- 1 Combine 24 fl oz/720 mL of the milk, 4 oz/113 g of the sugar, the butter, and salt in a nonreactive saucepan and bring to a boil over medium heat, stirring to dissolve the sugar.
- 2 Meanwhile, combine the cornstarch with the remaining 4 oz/114 g sugar. Stirring with a whisk, add the remaining 8 oz/240 mL milk. Add the eggs and vanilla extract or vanilla bean seeds, stirring with the whisk until the mixture is completely smooth.
- 3 Temper the egg mixture by adding about one-third of the hot milk, stirring constantly with the whisk. Return the mixture to the remaining hot milk in the saucepan. Continue cooking, stirring vigorously with the whisk, until the pastry cream comes to a boil and the whisk leaves a trail in it.
- 4 Pour the pastry cream into a large shallow nonreactive pan or plastic-lined sheet pan. Cover with plastic wrap placed directly on the surface of the cream, and cool over an ice water bath.
- 5 Store the pastry cream, covered, under refrigeration for up to 3 days.

**VARIATIONS HONEY PASTRY CREAM** Omit the 4 oz/113 g of sugar added with the milk in step 1. Blend 6 oz/170 g honey and 1 tsp/3 g grated orange zest with 1 lb/454 g of the pastry cream immediately after it is finished cooking.

**LIQUEUR-FLAVORED PASTRY CREAM** Add 4 fl oz/120 mL liqueur to 1 lb/454 g of the pastry cream immediately after it is finished cooking.

# Pistachio cream

**MAKES 3 LB 4½ OZ/1.50 KG**

|                            |           |        |
|----------------------------|-----------|--------|
| <b>Gelatin, granulated</b> | ½ oz      | 14 g   |
| <b>Whole milk</b>          | 19 fl oz  | 570 mL |
| <b>Pistachio paste</b>     | 4 oz      | 113 g  |
| <b>Sugar</b>               | 3 oz      | 85 g   |
| <b>Egg yolks</b>           | 6 oz      | 170 g  |
| <b>Kirsch</b>              | 2 tbsp    | 30 mL  |
| <b>Whipped cream</b>       | 1 lb 3 oz | 539 g  |

- 1** Bloom the gelatin in 4 fl oz/120 mL cold water.
- 2** Combine the milk with the pistachio paste and 1½ oz/43 g of the sugar in a nonreactive saucepan and bring to a boil, stirring to dissolve the sugar.
- 3** Meanwhile, blend the egg yolks with the remaining 1½ oz/42 g sugar using a whisk.
- 4** Temper the egg yolks by gradually adding one-third of the hot milk, whipping constantly. Return the tempered egg mixture to the remaining hot milk in the saucepan and continue cooking until the mixture thickens enough to coat the back of a spoon.
- 5** Remove the sauce from the heat and add the bloomed gelatin. Stir to dissolve the gelatin.
- 6** Strain the sauce through a fine-mesh sieve into a bain-marie and chill in an ice water bath to 72°F/22°C. Once cooled, stir in the kirsch and whipped cream.
- 7** Store the pistachio cream, covered, under refrigeration.

# Vanilla pudding

MAKES 2 LB 10 OZ/1.19 KG, 10 SERVINGS (4 OZ/113 G EACH)

|                 |          |        |
|-----------------|----------|--------|
| Milk            | 32 fl oz | 960 mL |
| Sugar           | 6½ oz    | 184 g  |
| Salt            | pinch    | pinch  |
| Cornstarch      | 1¾ oz    | 50 g   |
| Egg yolks       | 2½ oz    | 71 g   |
| Butter          | ½ oz     | 14 g   |
| Vanilla extract | 2 tsp    | 10 mL  |

- 1 Combine 24 fl oz/720 mL of the milk, 3½ oz/99 g of the sugar, and the salt in a nonreactive saucepan and bring to a boil, stirring gently with a wooden spoon.
- 2 Meanwhile, combine the cornstarch with the remaining 3 oz/85 g sugar. Stirring with a whisk, add the remaining 8 fl oz/240 mL milk. Add the egg yolks, stirring with the whisk until the mixture is completely smooth.
- 3 Temper the egg mixture by adding about one-third of the hot milk, stirring constantly with the whisk. Return the tempered egg mixture to the remaining hot milk in the saucepan. Continue cooking, stirring constantly with the whisk, until the pudding comes to a boil. Remove from the heat and stir in the butter and vanilla extract.
- 4 Pour into serving dishes, or use as desired. Cover and refrigerate until fully chilled.

**VARIATION CHOCOLATE PUDDING** Melt 5 oz/142 g bittersweet chocolate with the butter over a pan of barely simmering water; set aside. In step 3, after blending in the vanilla, gradually incorporate one-third of the hot pudding into the chocolate mixture, stirring constantly with the whip. Add the chocolate mixture to the remaining pudding and blend to fully combine. Proceed as directed above.

# Rice pudding

MAKES 2 LB 10 OZ/1.19 KG, 10 SERVINGS (4 OZ/113 G EACH)

|                               |          |        |
|-------------------------------|----------|--------|
| Milk                          | 32 fl oz | 960 mL |
| Sugar                         | 4 oz     | 113 g  |
| Cinnamon stick                | 1 each   | 1 each |
| Orange slice                  | 1 each   | 1 each |
| Long-grain white rice, rinsed | 3 oz     | 85 g   |
| Cornstarch                    | ¼ oz     | 7 g    |
| Eggs                          | 3 oz     | 85 g   |
| Vanilla extract               | 1 tsp    | 5 mL   |

- 1 Combine the milk, 2 oz/57 g of the sugar, the cinnamon stick, and orange slice in a nonreactive saucepan and bring to a boil. Add the rice and simmer over low heat until tender, about 30 minutes.
- 2 Meanwhile, just as the rice is finished cooking, combine the cornstarch with the remaining 2 oz/57 g sugar. Add the eggs, stirring with a whisk until the mixture is completely smooth.
- 3 Remove the orange slice and cinnamon stick from the rice. Temper the egg mixture by adding about one-third of the hot milk-rice mixture, stirring constantly with the whisk. Return the tempered egg mixture to the remaining hot milk in the saucepan. Continue cooking, stirring constantly with the whisk, until the pudding comes to a boil. Remove from the heat and blend in the vanilla extract.
- 4 Pour into serving dishes, or use as desired. Cover and refrigerate until fully chilled.

# Bread and butter pudding

MAKES 8 SERVINGS (6 OZ/170 G EACH)

|                            |           |           |
|----------------------------|-----------|-----------|
| Dark raisins               | 3 oz      | 85 g      |
| Rum                        | 4 fl oz   | 120 mL    |
| Enriched bread             | 9 oz      | 255 g     |
| Butter, melted             | 3 oz      | 85 g      |
| Milk                       | 32 fl oz  | 960 mL    |
| Sugar                      | 6 oz      | 170 g     |
| Eggs, beaten               | 12 oz     | 340 g     |
| Egg yolks, beaten          | 2¼ oz     | 64 g      |
| Vanilla extract            | ½ tsp     | 2.50 mL   |
| Ground cinnamon            | ½ tsp     | 1 g       |
| Salt                       | ½ tsp     | 2.50 g    |
| Butter, soft, for brushing | as needed | as needed |

- 1 Place the raisins in a bowl and add the rum. Set aside to plump for 20 minutes, then drain.
- 2 Cut the bread into ½-in/1-cm cubes. Place on a sheet pan and drizzle with the melted butter. Toast in a 350°F/177°C oven, stirring once or twice, until golden brown.
- 3 Combine the milk and 3 oz/85 g of the sugar in a nonreactive saucepan and bring to a boil.
- 4 Meanwhile, blend the eggs, egg yolks, vanilla, and the remaining 3 oz/85 g sugar to make the liaison. Temper by gradually adding about one-third of the hot milk, whisking constantly. Add the remaining hot milk and strain the custard into a bowl.
- 5 Add the toasted bread, cinnamon, salt, and the drained raisins to the custard. Soak over an ice water bath for at least 1 hour to allow the bread to absorb the custard. Lightly brush 8 ramekins with softened butter.
- 6 Ladle the mixture into the prepared ramekins, filling them three-quarters full. Bake in a water bath at 350°F/177°C until just set, 45 to 50 minutes.
- 7 Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.

**NOTE** The pudding can also be baked in a large hotel pan and portioned for service.

**VARIATIONS CHOCOLATE BREAD PUDDING** Omit the raisins and rum. Melt 6 oz/170 g bittersweet chocolate and blend into the hot custard before straining. Proceed as directed above.

**DRIED CHERRY AND ORANGE BREAD PUDDING** Substitute dried cherries for the raisins and brandy for the rum. Add the grated zest of 1 large or 2 small oranges to the milk before heating it, and proceed as directed above.



**PUMPKIN BREAD PUDDING** Whisk 8 oz/227 g pumpkin purée into the hot custard after straining. Increase the cinnamon to 2½ tsp/5 g and add 1 tsp/2 g grated nutmeg along with it. Proceed as directed above.



CLOCKWISE FROM UPPER LEFT:  
Rice Pudding (page 373), Chocolate  
Mousse (page 380), Panna Cotta (page  
376), Pumpkin Crème Brûlée (page  
363), Pots de Crème (page 369), Bread  
and Butter Pudding (opposite)

# Panna cotta

MAKES 19 SERVINGS (4 OZ/113 G EACH)

|                     |          |        |
|---------------------|----------|--------|
| Gelatin, granulated | ½ oz     | 14 g   |
| Water               | 4 fl oz  | 120 mL |
| Heavy cream         | 32 fl oz | 960 mL |
| Sugar               | 12 oz    | 340 g  |
| Salt                | ½ tsp    | 2.50 g |
| Buttermilk          | 30 fl oz | 900 mL |

- 1 Bloom the gelatin in the water and melt. Combine the cream, sugar, and salt in a nonreactive saucepan and heat, stirring, over medium heat to dissolve the sugar; make sure the mixture does not simmer. Remove from the heat.
- 2 Add gelatin to the cream mixture, blending well. Let the mixture cool to 100°F/38°C and stir in the buttermilk.
- 3 Pour into ramekins. Cover tightly and refrigerate for several hours or until set.

**VARIATIONS CHAI PANNA COTTA** Add 1 tsp/30 mL Chai Tea to warm cream mixture, cover, and allow to steep for 10 to 15 minutes. Strain the cream before adding the gelatin. Proceed as directed above.

**CINNAMON PANNA COTTA** Add 3 cinnamon sticks to the warm cream mixture, cover, and allow to steep for 10 to 15 minutes. Remove the cinnamon sticks and reheat the cream before adding the gelatin. Proceed as directed above.

**LEMON PANNA COTTA** Add 1 tsp/3 g finely grated lemon zest to the cream mixture in step 1. Proceed as directed above.

# Fruit curd

MAKES 2 LB 2 OZ/964 G

|                             |         |        |
|-----------------------------|---------|--------|
| Gelatin sheets              | 3 each  | 3 each |
| Water                       | 4 fl oz | 120 mL |
| Citrus juice or fruit purée | 8 oz    | 227 g  |
| Sugar                       | 10 oz   | 284 g  |
| Eggs                        | 8 oz    | 227 g  |
| Butter, cubed               | 8 oz    | 227 g  |

- 1 Bloom the gelatin in the water. Drain and set aside. Whisk together the juice, sugar, and eggs. Add the butter and place the mixture in a bowl over barely simmering water.

- 2 Cook the mixture, stirring it every 3 to 5 minutes, until it is thickened and approximately 165°F/74°C. Remove the pot from the heat and add the soaked gelatin to the mixture, and then strain the mixture through a fine-mesh strainer.
- 3 Pour the curd into a large shallow nonreactive pan or plastic-lined sheet pan. Cover with plastic wrap placed directly on the surface of the curd, and cool over an ice water bath.
- 4 Store the curd, covered, under refrigeration.

## Lemon curd

**MAKES 2 LB 2 OZ/964 G**

|                           |           |        |
|---------------------------|-----------|--------|
| <b>Butter, cubed</b>      | 1 lb 5 oz | 595 g  |
| <b>Sugar</b>              | 1 lb 2 oz | 510 g  |
| <b>Lemon juice</b>        | 18 fl oz  | 540 mL |
| <b>Lemon zest, grated</b> | 1¼ oz     | 35 g   |
| <b>Egg yolks</b>          | 1 lb 2 oz | 510 g  |

- 1 Combine 10½ oz/298 g of the butter, 9 oz/255 g of the sugar, and the lemon juice and zest and bring to a boil over medium heat, stirring gently to dissolve the sugar.
- 2 Meanwhile, blend the egg yolks with the remaining 9 oz/255 g sugar. Temper by gradually adding about one-third of the lemon juice mixture, stirring constantly with a whisk. Return the tempered egg mixture to the saucepan. Continue cooking, stirring constantly with the whisk, until the mixture comes to a boil.
- 3 Stir in the remaining butter.
- 4 Strain the curd into a large shallow container or bowl. Cover with plastic wrap placed directly on the surface of the curd. Cool over an ice water bath.
- 5 Store the curd, covered, under refrigeration.

**VARIATIONS GRAPEFRUIT CURD** Replace the lemon juice with grapefruit juice and the lemon zest with grapefruit zest.

**LIME CURD** Replace the lemon juice with lime juice and the lemon zest with lime zest.

**ORANGE CURD** Replace the lemon juice with orange juice and the lemon zest with orange zest, and reduce the sugar by 4 oz/113 g.

# Plum pudding

MAKES 64 FL OZ/1.92 L

|  |           |           |
|--|-----------|-----------|
| Suet                                       | 8 oz      | 227 g     |
| Bread crumbs, fresh                        | 8 oz      | 227 g     |
| Dried currants                             | 12 oz     | 340 g     |
| Dark raisins                               | 12 oz     | 340 g     |
| Dark brown sugar                           | 8 oz      | 227 g     |
| Blanched almonds, chopped                  | 4 oz      | 113 g     |
| Candied orange peel, diced                 | 4 oz      | 113 g     |
| Candied cherries, quartered                | 6 oz      | 170 g     |
| Lemon zest, grated                         | 1 tsp     | 3 g       |
| Eggs                                       | 9 oz      | 255 g     |
| Whiskey                                    | 2 fl oz   | 60 mL     |
| Hard sauce (pages 460 to 461), for serving | as needed | as needed |

- 1 Line a mold with plastic wrap, leaving enough overhang to cover the pudding.
- 2 Place the suet and bread crumbs in a food processor and process until smooth. Transfer to the mixer, add the remaining ingredients, and mix on medium speed with the paddle attachment until blended.
- 3 Fill the prepared mold. Cover the pudding with the excess plastic wrap and then cover with foil.
- 4 Steam the pudding in a steamer until firm, about 4 hours. The pudding can be wrapped in plastic wrap and refrigerated after reaching room temperature. Steam the pudding until warm before service.
- 5 Serve warm with hard sauce.

**NOTE** The suet should be as clean and white as possible. Be sure to trim off any meat scraps.

# Raspberry mousse

MAKES 3 LB 5 OZ/1.50 KG

|                     |           |        |
|---------------------|-----------|--------|
| Gelatin, granulated | 1½ oz     | 37 g   |
| Water, cold         | 10 fl oz  | 300 mL |
| Heavy cream         | 14 fl oz  | 420 mL |
| Raspberry purée     | 1 lb 8 oz | 680 g  |
| Egg whites          | 5 oz      | 142 g  |
| Sugar               | 9 oz      | 255 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Bloom the gelatin in the water and melt.
- 3 Whip the heavy cream to medium peaks. Cover and reserve under refrigeration.
- 4 Warm 12 oz/340 g of the raspberry purée in a saucepan. Remove from the heat. Add the melted gelatin to the purée and stir to incorporate. Blend in the remaining 12 oz/340 g purée. Cool the raspberry purée–gelatin mixture to 70°F/21°C.
- 5 Combine the egg whites and sugar in a mixer bowl. Set over a pot of simmering water and heat, stirring constantly with a whisk, until the mixture reaches 145°F/63°C. Transfer to the mixer and whip on high speed with the whip attachment until stiff peaks form. Continue beating until the meringue has completely cooled.
- 6 Gently blend one-third of the meringue into the raspberry purée mixture to lighten it. Fold in the remaining meringue, thoroughly incorporating it. Fold in the reserved whipped cream.
- 7 Immediately pipe or ladle into prepared pastries or molds. Refrigerate until completely set.

**VARIATIONS COCONUT MOUSSE** Substitute coconut milk or Coco Lopez for the raspberry purée.

**MANGO MOUSSE** Substitute mango purée for the raspberry purée.

**PASSION FRUIT MOUSSE** Dilute passion fruit concentrate as directed and substitute it for the raspberry purée.

**PEAR MOUSSE** Substitute pear purée for the raspberry purée.

**STRAWBERRY MOUSSE** Substitute strawberry purée for the raspberry purée.

# Chocolate mousse

**MAKES 3 LB 9 OZ/1.62 KG**

|                                     |          |        |
|-------------------------------------|----------|--------|
| Heavy cream                         | 30 fl oz | 900 mL |
| Dark chocolate, 64%, finely chopped | 15 oz    | 425 g  |
| Gelatin sheets                      | 3 each   | 3 each |
| Water, cold                         | 10 fl oz | 300 mL |
| Eggs                                | 6 oz     | 170 g  |
| Egg yolks                           | 3 oz     | 85 g   |
| Sugar                               | 3 oz     | 85 g   |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Melt the chocolate in a bowl over barely simmering water (the bottom of the bowl should not touch the water). Bring the chocolate to 120°F/49°C.
- 4 Meanwhile, submerge the gelatin sheets in the water and allow them to bloom for about 5 minutes.
- 5 Combine the eggs, egg yolks, and sugar in a bowl over simmering water, whisking constantly until it reaches 135°F/57°C.
- 6 Pour the egg and sugar mixture in the mixer and whip on high speed with the whip attachment until light in color and foamy.
- 7 Meanwhile, strain the gelatin well and melt it over a gentle water bath. Add the melted gelatin to the still-warm egg and sugar mixture and continue to whip until it reaches room temperature, 75°F/24°C.
- 8 Combine the mixture into the melted chocolate, whisking vigorously.
- 9 Fold in the whipped cream, thoroughly incorporating it.
- 10 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**VARIATION CHOCOLATE CHAI MOUSSE** Heat the cream and add 1 tbsp/30 mL of Chai tea. Cover and allow to steep for 5 minutes. Refrigerate the cream until fully chilled before whipping to soft peaks. Proceed as directed above.

# Dark chocolate mousse

**MAKES 1 LB 5½ OZ/610 G**

|                                       |      |       |
|---------------------------------------|------|-------|
| <b>Bittersweet chocolate, chopped</b> | 5 oz | 142 g |
| <b>Butter</b>                         | 4 oz | 113 g |
| <b>Egg yolks</b>                      | 3 oz | 85 g  |
| <b>Glucose syrup</b>                  | ½ oz | 14 g  |
| <b>Egg whites</b>                     | 6 oz | 170 g |
| <b>Sugar</b>                          | 3 oz | 85 g  |

- 1** Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2** Melt the chocolate and butter together in a bowl over simmering water, to 120°F/49°C.
- 3** Combine the egg yolks and glucose in a mixer bowl and whisk together until thoroughly blended. Place the bowl over a pot of simmering water and heat, whisking constantly, until the mixture is thickened and very foamy and has reached 180°F/82°C.
- 4** Temper the yolk mixture into the melted chocolate and butter, adding a small amount of the yolk mixture at first, then adding the rest in a thin stream while whisking vigorously.
- 5** Meanwhile, make an Italian meringue with the egg whites and the sugar (see page 405).
- 6** Gently fold the meringue into the chocolate mixture, incorporating it.
- 7** Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# White chocolate mousse *pâte à bombe*

**MAKES 7 LB/3.18 KG**

|                                 |           |        |
|---------------------------------|-----------|--------|
| <b>Heavy cream</b>              | 48 fl oz  | 1.44 L |
| <b>Gelatin sheets</b>           | 8 each    | 8 each |
| <b>White chocolate, chopped</b> | 2 lb 7 oz | 1.1 kg |
| <b>Milk</b>                     | 11 fl oz  | 330 mL |
| <b>Sugar</b>                    | 6½ oz     | 184 g  |
| <b>Water</b>                    | 4 fl oz   | 120 mL |
| <b>Egg yolks</b>                | 8 oz      | 227 g  |

- 1** Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2** Whip the cream to soft peaks. Cover and reserve covered under refrigeration.
- 3** Bloom the gelatin in cold water.
- 4** Melt the chocolate in a mixer bowl over barely simmering water. Bring the milk to a boil and gently stir into the melted chocolate.
- 5** Drain the gelatin, add it to the chocolate-milk mixture, and stir well until the gelatin melts.
- 6** Combine the sugar and water in a pot and boil to 250°F/121°C.
- 7** Meanwhile, whip the yolks on high speed with the whip attachment until light in color. Pour the sugar syrup into the yolks as they are whipping and whip until cool to make a *pâte à bombe*.
- 8** Fold the *pâte à bombe* into the chocolate mixture. Gently fold in the reserved whipped cream.
- 9** Immediately pipe or spread into prepared pasteries or containers. Cover and refrigerate until completely set.



# Coffee mousse

MAKES 1 LB 12 OZ/793 G

|                |         |        |
|----------------|---------|--------|
| Heavy cream    | 9½ oz   | 269 g  |
| Gelatin sheets | 4 each  | 4 each |
| Kahlúa         | 1 fl oz | 30 mL  |
| Coffee extract | 2 tbsp  | 30 mL  |
| Egg yolks      | 7½ oz   | 213 g  |
| Sugar          | 6 oz    | 170 g  |
| Egg whites     | 2½ oz   | 71 g   |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Bloom the gelatin by completely submerging it in cold water, then strain and melt it with the Kahlúa and coffee extract in a saucepan over low heat.
- 4 Combine the egg yolks and 2½ oz/71 g of the sugar in a mixer bowl and whisk until thoroughly blended. Place the bowl over simmering water and heat, whisking constantly, until the mixture is thickened and very foamy and has reached 145°F/63°C.
- 5 Transfer the yolk and sugar mixture to the mixer and whip on high speed with whip attachment until cool.
- 6 Measure out 6 oz/170 g of the yolk and sugar mixture and add the melted gelatin.
- 7 Meanwhile, make an Italian meringue with the egg whites and the remaining 3½ oz/99 g of sugar (see page 405).
- 8 Measure out 3½ oz/94 g of the Italian meringue for the mousse.
- 9 Fold one-third of the yolk mixture into the meringue, and then fold in remaining yolk mix.
- 10 Fold in the whipped cream, thoroughly incorporating it.
- 11 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**NOTE** Use meringue once it is at medium peak and still slightly warm.

# Dark coffee mousse

MAKES 1 LB 6 OZ/624 G

|                                       |             |        |
|---------------------------------------|-------------|--------|
| Heavy cream                           | 1 1/2 fl oz | 345 mL |
| Eggs                                  | 2 each      | 2 each |
| Sugar                                 | 1 1/2 oz    | 43 g   |
| Instant coffee granules               | 1 oz        | 28 g   |
| Bittersweet chocolate, finely chopped | 6 oz        | 170 g  |
| Gelatin sheets                        | 2 each      | 2 each |
| Coffee extract                        | 1/16 oz     | 3 g    |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Combine the eggs, sugar, and instant coffee in a mixer bowl and whisk until thoroughly blended. Place the bowl over simmering water and heat, whisking constantly, until the mixture is thickened and very foamy and has reached at least 165°F/74°C.
- 4 Melt the chocolate in a bowl over barely simmering water. Reserve the chocolate at 110°F/43°C.
- 5 Bloom and strain the gelatin, and then melt with the coffee extract. Add to the egg-sugar-coffee mixture. Once cool, add 3 oz/85 g of the softly whipped cream to the chocolate and whisk until the mixture is homogeneous.
- 6 Immediately fold the egg-sugar-coffee mixture into the chocolate before the chocolate starts to set up.
- 7 Fold in the remaining cream.
- 8 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# Caramel mousse

**MAKES 2 LB 14 OZ/1.30 KG, ENOUGH FILLING FOR TWO 6-IN/15-CM CAKES**

|                         |               |        |
|-------------------------|---------------|--------|
| Heavy cream             | 1 1/2 fl oz   | 435 mL |
| Gelatin sheets          | 4 each        | 4 each |
| Water, cold             | 1 fl oz       | 30 mL  |
| Soft caramel (see Note) | 1 lb 1 1/2 oz | 496 g  |
| Egg yolks               | 4 oz          | 113 g  |
| Sugar                   | 5 1/4 oz      | 148 g  |
| Egg whites              | 3 1/2 oz      | 94 g   |
| Salt                    | pinch         | pinch  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Bloom the gelatin by completely submerging it in the water, 5 minutes. Strain the gelatin and melt it with 1 fl oz/30 mL water in a saucepan over low heat until dissolved.
- 4 Warm the soft caramel to 100°F/38°C and add the melted gelatin to it. Mix until fully incorporated.
- 5 Combine the egg yolks and 1 oz/28 g of the sugar in the mixer and whip on medium speed with the whip attachment until thoroughly blended. Place the bowl over a pot of simmering water and heat, whisking constantly by hand, until the mixture is thickened, light in color, and very foamy and has reached at least 145°F/63°C.
- 6 Transfer the bowl to the mixer and whip on medium speed with the whip attachment until cool.
- 7 Meanwhile, make a Swiss meringue with the egg whites, salt, and the remaining 4 1/4 oz/120 g sugar (see page 405).
- 8 Fold the egg yolk—sugar mixture into the soft caramel, followed by the meringue and lastly the whipped cream. Continue to fold until all components are fully incorporated.
- 9 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**NOTE** To make the soft caramel, place two 14-oz/397-g cans of sweetened condensed milk in a pot so they are immersed in water. Keep the cans covered and the water at a low boil for 5 hours. For safety, cool slightly before opening.

# Chocolate caramel mousse

**MAKES 4 LB 2 OZ/1.87 KG**

|                               |           |        |
|-------------------------------|-----------|--------|
| <b>Heavy cream</b>            | 40½ fl oz | 1.22 L |
| <b>Sugar</b>                  | 4 oz      | 113 g  |
| <b>Egg yolks</b>              | 6½ oz     | 184 g  |
| <b>Gelatin sheets</b>         | 4 each    | 4 each |
| <b>Milk chocolate, melted</b> | 15 oz     | 425 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip 32 fl oz/960 mL of the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Heat the remaining cream in a medium saucepan over low heat. Do not allow to boil.
- 4 Place the sugar in a heavy-bottomed saucepan and heat over medium heat until it melts and turns a deep amber color, about 350°F/177°C. Carefully stir in the hot cream.
- 5 Temper the egg yolks with the caramel, adding 2 fl oz/60 mL of egg yolks at a time. Cook this mixture to 160°F/71°C. Transfer to a mixer bowl and whip on high speed with the whip attachment until cool.
- 6 Bloom the gelatin in cold water, strain, melt, and add to the caramel mixture. Add the caramel mixture quickly to the melted chocolate, stirring with a whisk to combine.
- 7 Gently fold in the whipped cream and mix until fully incorporated.
- 8 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# Lemon mousse lemon filling for sheet cakes

**MAKES 2 LB 7 OZ/1.11 KG**

|                                    |          |        |
|------------------------------------|----------|--------|
| <b>Gelatin, granulated</b>         | 2½ oz    | 71 g   |
| <b>Water, cold</b>                 | 20 fl oz | 600 mL |
| <b>Heavy cream</b>                 | 24 fl oz | 720 mL |
| <b>Lemon curd (page 377), warm</b> | 12 oz    | 340 g  |
| <b>Sorbet syrup (page 488)</b>     | 3 fl oz  | 90 mL  |
| <b>Lemon fruit compound</b>        | 1 tbsp   | 7 g    |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.

- 2 Bloom the gelatin in the water and melt.
- 3 Whip the cream to medium peaks. Cover and reserve under refrigeration.
- 4 Blend together the lemon curd with the sorbet syrup and lemon fruit compound, stirring with a whisk. Add the melted gelatin. Strain and cool to 70°F/21°C.
- 5 Gently blend one-third of the reserved whipped cream into the lemon curd mixture. Fold in the remaining whipped cream, thoroughly incorporating it.
- 6 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**VARIATION GRAPEFRUIT MOUSSE** Replace the lemon curd with Grapefruit Curd (page 377).

## Cream cheese mousse

**MAKES 1 LB 10 OZ/737 G, ENOUGH TO FILL 50 PAULINA MOLDS**

|                     |           |        |
|---------------------|-----------|--------|
| Heavy cream         | 18 fl oz  | 540 mL |
| Cream cheese        | 1 lb 5 oz | 595 g  |
| Sugar               | 7 oz      | 198 g  |
| Glucose syrup       | ⅓ oz      | 9 g    |
| Water               | 3½ fl oz  | 105 mL |
| Egg yolks           | 5 each    | 5 each |
| Gelatin, granulated | ½ oz      | 14 g   |
| Water               | 2 fl oz   | 60 mL  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Place the cream cheese in the mixer and mix on medium speed with the paddle attachment until soft and creamy.
- 4 Heat the sugar, glucose syrup, and water to 240°F/116°C in a saucepan over medium heat to make a *pâte à bombe*. Place the egg yolks in the mixer and add the *pâte à bombe* while whipping on high speed with the whip attachment. Continue to whip the mixture until it reaches maximum volume.
- 5 Bloom the gelatin, strain, and melt, then add it to the warm *pâte à bombe*.
- 6 Mix in the softened cream cheese and mix on medium speed until smooth, about 5 minutes.
- 7 Gently blend one-third of the whipped cream into the cream cheese mixture. Fold in the remaining whipped cream, thoroughly incorporating it. Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# Bavarian cheese mousse

**MAKES 2 LB 13 OZ/1.278 KG, ENOUGH FOR THREE 6-IN/15-CM CAKES**

|                            |            |        |
|----------------------------|------------|--------|
| <b>Gelatin, granulated</b> | ½ oz       | 9 g    |
| <b>Water, cold</b>         | 2½ fl oz   | 75 mL  |
| <b>Heavy cream</b>         | 16 fl oz   | 480 mL |
| <b>Cream cheese, soft</b>  | 1 lb 5¼ oz | 602 g  |
| <b>Sugar</b>               | 5¼ oz      | 149 g  |
| <b>Salt</b>                | pinch      | pinch  |
| <b>Lemon zest, grated</b>  | 1 tsp      | 3 g    |
| <b>Orange zest, grated</b> | 1 tsp      | 3 g    |
| <b>Vanilla extract</b>     | 2 tsp      | 10 mL  |

- 1** Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2** Bloom the gelatin in the water for 15 minutes at room temperature.
- 3** Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 4** Cream the cream cheese, sugar, salt, lemon and orange zests, and vanilla on medium speed with the paddle attachment until smooth, about 5 minutes.
- 5** Place the bloomed gelatin in a saucepan and heat to 130°F/54°C. Temper by gradually adding the heated gelatin to the cream cheese mixture to ensure a smooth and consistent mousse.
- 6** Gently blend the whipped cream into the cream cheese mixture, thoroughly incorporating it.
- 7** Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**NOTE** It is important to make sure the cheese is sufficiently warm when making this mousse or it will set too rapidly.

# Mascarpone mousse

MAKES 2 LB/907 G

|                 |          |        |
|-----------------|----------|--------|
| Brandy          | 1 tbsp   | 15 mL  |
| Lemon juice     | 1 tbsp   | 15 mL  |
| Vanilla extract | 1 tbsp   | 15 mL  |
| Gelatin sheets  | 4 each   | 4 each |
| Heavy cream     | 15 fl oz | 450 mL |
| Egg yolks       | 5 oz     | 142 g  |
| Sugar           | 6½ oz    | 184 g  |
| Egg whites      | 4 oz     | 113 g  |
| Mascarpone      | 13½ oz   | 383 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2 Combine the brandy, lemon juice, and vanilla in a bowl and add the gelatin sheets to bloom. Place the bloomed gelatin and liquid in a saucepan and heat it to 130°F/54°C or until the gelatin has dissolved. Keep warm.
- 3 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 4 Combine the egg yolks and 2 oz/57 g of the sugar in a mixer bowl and whisk until thoroughly blended. Place the bowl over simmering water and heat, whisking constantly, until the mixture is thickened and very foamy and has reached at least 145°F/63°C.
- 5 Transfer the bowl to the mixer and whip on high speed with the whip attachment until cool.
- 6 Meanwhile, make a Swiss meringue with the egg whites and the remaining 4½ oz/127 g of sugar (see page 405).
- 7 Whip the meringue to medium peaks, stream the melted gelatin into the still-warm meringue, and continue to whip on high speed until stiff.
- 8 Fold the yolk-sugar mixture into the mascarpone, fold in the meringue, then fold in the whipped cream until just incorporated.
- 9 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# Pumpkin cheesecake mousse

**MAKES 8 LB 8 OZ/3.86 KG, ENOUGH FOR FOUR 6-IN/15-CM CAKES**

|                                       |           |        |
|---------------------------------------|-----------|--------|
| <b>Gelatin, granulated</b>            | 1 oz      | 28 g   |
| <b>Water, cold</b>                    | 8 fl oz   | 240 mL |
| <b>Heavy cream</b>                    | 64 fl oz  | 1.92 L |
| <b>Cream cheese, room temperature</b> | 2 lb      | 907 g  |
| <b>Light brown sugar</b>              | 1 lb      | 454 g  |
| <b>Ground cinnamon</b>                | 1 tsp     | 2 g    |
| <b>Ground nutmeg</b>                  | 1 tsp     | 2 g    |
| <b>Ground cloves</b>                  | ¼ tsp     | 0.5 g  |
| <b>Ground ginger</b>                  | ½ tsp     | 1 g    |
| <b>Salt</b>                           | ¼ tsp     | 1.25 g |
| <b>Vanilla extract</b>                | 2 tbsp    | 30 mL  |
| <b>Pumpkin purée</b>                  | 1 lb 2 oz | 510 g  |

- 1** Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
- 2** Bloom the gelatin in the water.
- 3** Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 4** Combine the cream cheese, sugar, spices, salt, and vanilla and mix on medium speed with the paddle attachment until light and smooth. Add the pumpkin purée and mix just to combine.
- 5** Melt the gelatin to 120°F/49°C and temper into the cheese mixture slowly by adding warm gelatin to the cheese mixture while stirring constantly with a whisk.
- 6** Fold in the whipped cream.
- 7** Divide among the pans, leveling the tops with a spatula. Cover and refrigerate until completely set.



# Chocolate sabayon mousse

MAKES 3 LB 6 OZ/1.53 KG

|                                |          |        |
|--------------------------------|----------|--------|
| Bittersweet chocolate, chopped | 8 oz     | 227 g  |
| Gelatin, granulated            | ½ oz     | 14 g   |
| Water                          | 2 fl oz  | 60 mL  |
| Brandy                         | 3 fl oz  | 90 mL  |
| Heavy cream                    | 24 fl oz | 720 mL |
| Vanilla extract                | 1 tbsp   | 15 mL  |
| Egg yolks                      | 6¾ oz    | 191 g  |
| Sugar                          | 4 oz     | 113 g  |
| Dry sherry                     | 6 fl oz  | 180 mL |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the sabayon before beginning preparation.
- 2 Melt the chocolate over barely simmering water. Turn off the heat and keep the chocolate warm over the hot water.
- 3 Bloom the gelatin in the water and brandy.
- 4 Whip the cream with the vanilla to very soft peaks. Cover and reserve under refrigeration.
- 5 Combine the egg yolks, sugar, and sherry in a stainless-steel bowl and whisk until thoroughly blended. Place the bowl over simmering water and heat, whisking constantly, until the mixture is thick and foamy and has reached at least 165°F/74°C. Remove from the heat.
- 6 Melt the gelatin and add to the egg yolk mixture. Gradually fold in the chocolate. Cool to 80°F/27°C.
- 7 Gently blend one-third of the reserved whipped cream into the chocolate mixture. Fold in the remaining whipped cream, thoroughly incorporating it.
- 8 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**VARIATION MOCHA MOUSSE** Replace the dry sherry with an equal amount of cold espresso.

# Pistachio mousseline

**MAKES 1 LB 7 OZ/652 G**

|                                       |           |           |
|---------------------------------------|-----------|-----------|
| <b>Italian buttercream (page 418)</b> | 7 oz      | 198 g     |
| <b>Pistachio paste</b>                | 2 oz      | 57 g      |
| <b>Pastry cream (page 370)</b>        | 14 oz     | 397 g     |
| <b>Food color (optional)</b>          | as needed | as needed |

- 1 Combine the buttercream and pistachio paste in a bowl and mix with a rubber spatula until well combined.
- 2 Fold in the pastry cream. Do not overmix.
- 3 Add a very small amount of food color, if you like, and mix using a toothpick.
- 4 Reserve under refrigeration, with plastic wrap touching the surface of the mousseline, until needed. This will keep for up to 3 days.

# Praline mousseline

**MAKES 1 LB 7 OZ/652 G**

|                                       |       |       |
|---------------------------------------|-------|-------|
| <b>Italian buttercream (page 418)</b> | 14 oz | 397 g |
| <b>Praline paste</b>                  | 2 oz  | 57 g  |
| <b>Pastry cream (page 370)</b>        | 7 oz  | 198 g |

- 1 Combine the buttercream and praline paste in a bowl and mix with a rubber spatula until well combined.
- 2 Gently fold in the pastry cream. Do not overmix.
- 3 Reserve under refrigeration, with plastic wrap touching the surface of the mousseline, until needed. This will keep for up to 3 days.

# Bavarian cream

**MAKES 4 LB 8 OZ/2.04 KG**

|                                       |          |        |
|---------------------------------------|----------|--------|
| <b>Gelatin, granulated</b>            | 1 oz     | 28 g   |
| <b>Water</b>                          | 8 fl oz  | 240 mL |
| <b>Heavy cream</b>                    | 32 fl oz | 960 mL |
| <b>Vanilla sauce (page 428), warm</b> | 32 fl oz | 960 mL |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the cream before beginning preparation.
- 2 Bloom the gelatin in the water and melt.
- 3 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 4 Blend the melted gelatin into the vanilla sauce. Strain, then cool in an ice water bath to 75°F/24°C, or until it begins to thicken.
- 5 Gently blend one-third of the vanilla sauce mixture into the reserved whipped cream. Fold into the remaining vanilla sauce mixture, thoroughly incorporating it.
- 6 Immediately pour into prepared molds. Cover and refrigerate until completely set.

**VARIATIONS CHOCOLATE BAVARIAN CREAM** Melt 12 oz/340 g of bittersweet or milk chocolate. Blend approximately one-third of the warm vanilla sauce with the chocolate. Blend the chocolate mixture into the remaining vanilla sauce. Proceed as directed above.

**LEMON BAVARIAN CREAM** Reduce the vanilla sauce to 4 fl oz/120 mL and add 8 oz/227 g Lemon Curd (page 377). Blend the vanilla sauce and lemon curd together just before the gelatin is added. Proceed as directed above.

**LIQUEUR BAVARIAN CREAM** Add 6 fl oz/180 mL orange liqueur to the vanilla sauce just before the gelatin is added. Proceed as directed above.

**PRALINE BAVARIAN CREAM** Add 8 oz/227 g praline paste to the vanilla sauce just before the gelatin is added. Proceed as directed above.

**RASPBERRY BAVARIAN CREAM** Reduce the vanilla sauce to 16 fl oz/480 mL and blend in 16 fl oz/480 mL raspberry purée and 4 oz/113 g sugar. Proceed as directed above.

**WINE BAVARIAN CREAM** Reduce the vanilla sauce to 16 fl oz/480 mL and add 16 fl oz/480 mL Chablis. Blend the vanilla sauce and Chablis and proceed as directed above.

# Yogurt Bavarian cream

MAKES 4 LB 8 OZ/2.04 KG

|                                |          |        |
|--------------------------------|----------|--------|
| Gelatin, granulated            | 1 oz     | 28 g   |
| Water                          | 8 fl oz  | 240 mL |
| Heavy cream                    | 32 fl oz | 960 mL |
| Plain yogurt, room temperature | 24 fl oz | 720 mL |
| Lemon sauce (page 429), warm   | 4 fl oz  | 120 mL |
| Lemon zest, grated             | 2½ tsp   | 7.50 g |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the cream before beginning preparation.
- 2 Bloom the gelatin in the water and melt.
- 3 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 4 Combine the yogurt with the vanilla sauce. Blend in the melted gelatin. Strain, blend in the lemon zest, and cool over an ice water bath to 75°F/24°C.
- 5 Gently blend one-third of the vanilla sauce mixture into the reserved whipped cream. Fold in the remaining vanilla sauce mixture into the whipped cream mixture, thoroughly incorporating it.
- 6 Immediately pour into prepared pastries or molds. Cover and refrigerate until completely set.

# Diplomat cream

MAKES 2 LB 2 OZ/964 G

|  |          |        |
|--|----------|--------|
| Heavy cream  | 16 fl oz | 480 mL |
| Gelatin, granulated                                | 1½ tsp   | 7 g    |
| Water  | 2 fl oz  | 60 mL  |
| Pastry cream (page 370), flavored as desired, warm | 1 lb     | 454 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the cream before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Bloom the gelatin in the water and melt. Blend into the pastry cream. Strain, then cool over an ice water bath to 75°F/24°C.

**4** Gently blend one-third of the reserved whipped cream into the pastry cream mixture. Fold in the remaining whipped cream, thoroughly incorporating it.

**5** Immediately pipe into prepared pastries or containers. Cover and refrigerate until completely set.

**VARIATION ORANGE DIPLOMAT CREAM** Replace the pastry cream with an equal amount of Orange Curd (page 377).

## Strawberry yogurt Bavarian

**MAKES 1 LB/454 G**

|                  |         |        |
|------------------|---------|--------|
| Plain yogurt     | 14 oz   | 397 g  |
| Gelatin sheets   | 2 each  | 2 each |
| Heavy cream      | 4 fl oz | 120 mL |
| Strawberry purée | 2½ oz   | 71 g   |
| Sour cream       | 2 oz    | 57 g   |
| Sugar            | 2 oz    | 57 g   |

**1** Reserve 4¼ oz/120 g of extra yogurt before draining. Drain the remaining yogurt in a perforated container that has been lined with two layers of cheesecloth. Drain for 1 hour and 30 minutes. Measure the yogurt after it is drained to ensure there is 5½ oz/156 g. Discard the liquid drained from the yogurt. If necessary add some of the reserved yogurt to bring the drained quantity to 5½ oz/156 g.

**2** Bloom the gelatin in ice-cold water for 4 minutes. Drain well.

**3** Whip the cream by hand over an ice water bath to soft-medium peaks. Reserve the whipped cream under refrigeration.

**4** In a bowl, whisk together the yogurt, strawberry purée, sour cream, and sugar until well combined.

**5** Place 2 oz/57 g of the yogurt mixture in a sauce pot. Over low heat, mix the yogurt with the gelatin until the gelatin dissolves.

**6** Mix the yogurt-gelatin mixture with the rest of the yogurt mixture. Quickly and gently fold in the whipped cream. Let cool to room temperature, then refrigerate until needed.

**VARIATION** For the Strawberries Three Ways plated dessert (page 755), pour the yogurt over each of the ten to twelve 2-oz/57-g cups filled with the Strawberry Terrine (page 402) to the top. Freeze until ready to assemble.

# Tiramisù cream

MAKES 1 LB 8 OZ/680 G

|                         |         |        |
|-------------------------|---------|--------|
| Heavy cream             | 8 fl oz | 240 mL |
| Egg yolks               | 2½ oz   | 71 g   |
| Sugar                   | 3 oz    | 85 g   |
| Sweet Marsala           | 3 fl oz | 90 mL  |
| Mascarpone cheese, soft | 8 oz    | 227 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the cream before beginning preparation.
- 2 Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3 Combine the egg yolks, sugar, and Marsala in a stainless-steel bowl and whisk until thoroughly blended. Place the bowl over simmering water and heat, whisking constantly, until the mixture is thick and foamy and has reached at least 165°F/74°C.
- 4 Remove from the heat and whip on high speed with the whip attachment until cool.
- 5 Fold the egg yolk mixture into the mascarpone. Gently blend in one-third of the reserved whipped cream. Fold in the remaining whipped cream.
- 6 Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

**NOTE** To stabilize Tiramisù Cream for use in unmolded or sliced presentations, add 1½ tsp/7 g granulated gelatin, bloomed and melted, to the foam in step 3.

**VARIATION SAUTERNES CRÈME** Substitute Sauternes for the sweet Marsala and stabilize with 1½ tsp/7 g granulated gelatin, bloomed in 2 fl oz/60 mL of water and melted.

# Italian cream

**MAKES 2 LB/907 G**

|                        |          |        |
|------------------------|----------|--------|
| <b>Heavy cream</b>     | 16 fl oz | 480 mL |
| <b>Egg whites</b>      | 6 oz     | 170 g  |
| <b>Sugar</b>           | 9 oz     | 255 g  |
| <b>Gelatin sheets</b>  | ¼ oz     | 7 g    |
| <b>Vanilla extract</b> | 1 tbsp   | 15 mL  |

- 1** Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the cream before beginning preparation.
- 2** Whip the cream to soft peaks. Cover and reserve under refrigeration.
- 3** Prepare an Italian meringue with the egg whites and sugar (see page 405).
- 4** Bloom the gelatin in cold water, drain, and melt.
- 5** Slowly pour the gelatin and vanilla into the meringue when it is still warm and at medium peaks.
- 6** Gently blend in one-third of the reserved whipped cream. Fold in the remaining whipped cream.
- 7** Immediately pipe or spread into prepared pastries or containers. Cover and refrigerate until completely set.

# Passion fruit chibouste

**MAKES 4 LB/1.81 KG**

|                            |           |        |
|----------------------------|-----------|--------|
| <b>Gelatin, granulated</b> | ½ oz      | 14 g   |
| <b>Water</b>               | 12 fl oz  | 360 mL |
| <b>Passion fruit juice</b> | 32 fl oz  | 960 mL |
| <b>Sugar</b>               | 1 lb 8 oz | 680 g  |
| <b>Cornstarch</b>          | 4 oz      | 113 g  |
| <b>Eggs</b>                | 8 oz      | 227 g  |
| <b>Egg yolks</b>           | 6 oz      | 170 g  |
| <b>Egg whites</b>          | 1 lb 4 oz | 567 g  |

- 1 Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the chibouste before beginning preparation.
- 2 Bloom the gelatin in 4 fl oz/120 mL of the water.
- 3 Combine 27 fl oz/810 mL of the passion fruit juice and 4 oz/113 g of the sugar in a saucepan and heat to melt the sugar.
- 4 Meanwhile, blend the cornstarch with the remaining 5 fl oz/150 mL passion fruit juice. Blend the cornstarch mixture with the eggs, egg yolks, and 4 oz/113 g of the sugar.
- 5 Temper the egg mixture by gradually adding one-third of the hot passion fruit juice mixture, stirring constantly with a whisk. Return the tempered egg mixture to the remaining juice in the saucepan and continue cooking until it comes to a boil. Remove from the heat and add the bloomed gelatin. Cover to keep warm.
- 6 Place the egg whites in a mixer fitted with the whip attachment.
- 7 Combine the remaining 1 lb/454 g sugar and 8 fl oz/240 mL water and bring to a boil, stirring to dissolve the sugar. Boil without stirring until the mixture reaches 240°F/116°C (soft ball stage).
- 8 When the sugar syrup reaches 230°F/110°C, begin beating the egg whites on high speed.
- 9 When the sugar syrup reaches 240°F/116°C, and the egg whites have reached soft peaks, pour the hot syrup into the whipping egg whites and whip to medium peaks.
- 10 Fold the meringue into the passion fruit base while still warm.
- 11 Immediately pour into molds.

**NOTE** Passion fruit juice generally comes in concentrated form. Make sure to reconstitute according to manufacturer's instructions before use.

**VARIATION LEMON-LIME CHIBOUSTE** Substitute 12 fl oz/360 mL of lemon juice and 20 fl oz/600 mL of lime juice for the passion fruit juice. Follow the remaining steps as directed above.



# Pastry cream for soufflés

MAKES 1 LB 10 OZ/737 G

|                          |          |        |
|--------------------------|----------|--------|
| <b>Milk</b>              | 16 fl oz | 480 mL |
| <b>Sugar</b>             | 5 oz     | 142 g  |
| <b>All-purpose flour</b> | 3 oz     | 85 g   |
| <b>Eggs</b>              | 2 oz     | 57 g   |
| <b>Egg yolks</b>         | 1½ oz    | 43 g   |

- 1 Combine 4 fl oz/120 mL of the milk with 2½ oz/71 g of the sugar in a saucepan and bring to a boil, stirring gently with a wooden spoon.
- 2 Meanwhile, combine the flour with the remaining 2½ oz/71 g sugar. Stirring with a whisk, add the remaining 12 fl oz/360 mL milk. Add the eggs and egg yolks, stirring with the whisk until the mixture is completely smooth.
- 3 Temper the egg mixture by adding one-third of the hot milk, stirring constantly with the whisk. Return the mixture to the remaining hot milk in the saucepan. Continue cooking, vigorously stirring with the whisk, until the pastry cream comes to a boil and the whip leaves a trail in it.
- 4 Pour the pastry cream onto a large shallow container or bowl. Cover with plastic wrap placed directly against the surface of the cream, and cool over an ice water bath.
- 5 Store the pastry cream, covered, under refrigeration.

# Chocolate soufflé

MAKES 5 SOUFFLÉS (4 FL OZ/120 ML EACH)

|  |           |       |
|--|-----------|-------|
| Butter                                       | 1½ oz     | 43 g  |
| Bittersweet chocolate, chopped               | 5 oz      | 142 g |
| Pastry cream for soufflés (page 399), cooled | 1 lb 1 oz | 482 g |
| Egg yolks                                    | 1 oz      | 28 g  |
| Egg whites                                   | 6 oz      | 170 g |
| Sugar  | 2½ oz     | 71 g  |

- 1 Coat the inside of the ramekins with a film of softened butter, making sure to coat the rims as well as the insides, and dust with sugar.
- 2 To prepare the soufflé base, melt the butter and chocolate together in a bowl over barely simmering water, gently stirring to blend. Blend the chocolate mixture into the pastry cream. Blend in the egg yolks and set aside.
- 3 To prepare the meringue, whip the egg whites on medium speed with the whip attachment until soft peaks form.
- 4 Gradually sprinkle in the sugar while continuing to whip, then whip the meringue to medium peaks.
- 5 Gently blend approximately one-third of the meringue into the chocolate base. Fold in the remaining meringue, thoroughly incorporating it.
- 6 Portion the soufflé mixture into the prepared ramekins.
- 7 Bake at 350°F/177°C until fully risen, about 20 minutes. Serve immediately, with an appropriately flavored sauce or other garnish.

**VARIATIONS CINNAMON SOUFFLÉ** When making the pastry cream, infuse the milk with 3 cinnamon sticks. Omit the chocolate, and fold the melted butter into the pastry cream. Follow the remaining method above.

**GRAND MARNIER, KAHLÚA, FRANGELICO, OR AMARETTO SOUFFLÉ** Substitute 1½ fl oz/45 mL of the chosen liqueur and 2 extra egg yolks for the chocolate. Blend the liqueur and egg yolks into the pastry cream with the melted butter. Follow the remaining method above.

**LEMON OR ORANGE SOUFFLÉ** When making the pastry cream, infuse the milk with ¼ oz/7 g grated lemon or orange zest. Omit the chocolate, and fold the melted butter into the pastry cream. Follow the remaining method above.

**PRALINE OR PISTACHIO SOUFFLÉ** Substitute 2 oz/57 g praline or pistachio paste and 2 egg yolks for the chocolate. Blend the nut paste and egg yolks into the pastry cream with the melted butter. Follow the remaining method above.

**PUMPKIN SOUFFLÉ** Substitute 2 oz/57 g pumpkin purée and 2 egg yolks for the chocolate. Blend the purée and egg yolks into the pastry cream with the melted butter. Follow the remaining method above.

**WHITE CHOCOLATE SOUFFLÉ** Substitute white chocolate for the bittersweet chocolate.



# Raspberry soufflé

**MAKES 4 SOUFFLÉS (4 FL OZ/120 ML EACH)**

|                 |      |       |
|-----------------|------|-------|
| Raspberry purée | 7 oz | 198 g |
| Sugar           | 9 oz | 255 g |
| Egg whites      | 5 oz | 142 g |

- 1 Coat the inside of the ramekins with a film of softened butter, making sure to coat the top rims of the ramekins as well as the insides, and dust with sugar.
- 2 Combine the purée and sugar in a saucepan and cook over medium heat, stirring to dissolve the sugar, until the mixture reaches 240°F/116°C.
- 3 Meanwhile, place the egg whites in the bowl of a mixer fitted with the whip attachment. When the sugar-purée mixture reaches 230°F/110°C, begin whipping the egg whites on medium speed.
- 4 When the sugar-purée mixture reaches 240°F/116°C, and the egg whites have reached soft peaks, increase the mixer speed to high and carefully pour the hot mixture into the egg whites. Whip only to soft peaks.
- 5 Immediately put the mixture into a pastry bag and fill the prepared ramekins. Bake at 350°F/177°C until fully risen and lightly browned, about 20 minutes.

# Strawberry terrine

**MAKES 10 TO 12 SERVINGS (2 OZ/57 G EACH)**

|                          |         |         |
|--------------------------|---------|---------|
| Gelatin sheets           | 1½ each | 1½ each |
| Strawberry purée         | 2¾ oz   | 78 g    |
| Superpomme               | ¾ oz    | 21 g    |
| Sugar                    | ¾ oz    | 21 g    |
| Strawberries, small dice | 4¼ oz   | 120 g   |

- 1 Bloom the gelatin in ice-cold water for 4 minutes. Drain well.
- 2 Mix the purée, Superpomme, and sugar in a sauce pot and bring to a boil over high heat. Reduce the heat to low and add the diced strawberries to the sauce, cooking for 2 to 3 minutes, until the strawberries are tender.
- 3 Remove from the heat and add the bloomed gelatin. Stir until the gelatin has dissolved.
- 4 Place the mixture in an ice water bath and stir occasionally to evenly cool the mixture. Cool to room temperature.
- 5 Evenly pour the mixture into cups, just under one-third full. Place on a sheet tray and freeze overnight.