

CHEF MIKO ASPIRAS
PRESENTS

SULTRY YAKULT & WHITE CHOCOLATE MOUSSE



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INGREDIENTS:

YAKULT JELLY

5 bottles Yakult Original
5g gelatin sheets

CRÈME ANGLAISE

115mL UHT cream
115mL UHT milk
60g/3 egg yolks
25g caster sugar

WHITE CHOCOLATE MOUSSE

450g high quality white choc
5g gelatin sheets
450g whipping cream
300g crème anglaise

OTHER

9 pcs store bought lady sponge fingers

WHITE CHOCOLATE CRACKLE (OPTIONAL)

150g high quality chocolate
50g coconut oil

PART 1 : YAKULT JELLY

1. Soak the gelatin sheets in 25g iced water until bloomed and hydrated (about 8 minutes).
2. Drain water and melt bloomed gelatin in the microwave for 20 seconds - cool gelatin to room temperature.
3. Place Yakult in a bowl, stir in cooled gelatin until well incorporated, set aside at room temperature to avoid setting.

PART 2 : CRÈME ANGLAISE

1. In a bowl whisk together the egg yolks and sugar, set aside.
2. Bring the cream and milk to a boil, pour it into the egg yolk-sugar mixture. Stir using a whisk until well incorporated.
3. Heat mixture back in the pan until it reaches 85°C. Stir constantly until mixture has thickened. Keep warm.



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OPTIONAL:

WHITE CHOCOLATE CRACKLE

1. Melt the chocolate in a heat proof bowl, stir in coconut oil until melted.
2. Pour the chocolate mixture onto chilled mousse and allow to set.

PART 3 : WHITE CHOCOLATE MOUSSE

1. Soak the gelatin sheets in 25g iced water until bloomed and hydrated (about 8 minutes).
2. Drain excess water, set aside.
3. Whip the cream until soft peaks appear, (about 5 minutes) at medium speed.
4. Melt the bloomed gelatin into the warm crème anglaise.
5. Melt the white chocolate completely. Using a rubber spatula, stir in 1/4 of the hot crème anglaise onto the melted white chocolate. Stir until well incorporated.
6. Stir in the rest of the crème anglaise, cool mixture down to 40°C.
7. Gently fold the whipped cream into the white chocolate mixture.



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NOTE:

This recipe makes
2 X 520mL containers
(3-4 serves each).

You can use any size containers,
serve numbers may differ.

ASSEMBLE

1. Arrange 4-5 pieces of the lady sponge fingers at the bottom of your chosen container.
2. Spoon in white chocolate mousse until container is 1/3 full. Allow surface to set in the freezer.
3. Once surface of the mousse has set, pour 5 tablespoons of the Yakult jelly on top. Return container to the freezer to allow jelly to set.
4. Once the jelly has set, pour the next layer of mousse, filling another 1/3 of the container. Return container to the freezer.
5. Pour 5 tablespoons of the Yakult jelly on top and return container to the freezer.
6. Fill container with the rest of the mousse. Allow mousse to completely set in freezer.
7. If adding white chocolate crackle, fill the top with a thin layer of chocolate and return to the freezer.
8. Once set, decorate and enjoy!

