

Milk Chocolate Mousse Crunch Bars, Banana Lime Ice-Cream, Mango Banana Brunoise.

Make 3 Days Ahead.

Makes 16 Servings / Using a 9-1/2x13x1 inch (24x33x2.5cm) Baking Tray

There are some general guidelines to observe when designing your dessert plating. A plated dessert is a deconstructed dessert which means to take something apart; separate the components (usually three) and then plate them creatively. This plated dessert is just an example of what can be achieved by marrying perfect ingredients such as milk chocolate mousse praliné crunch bar, banana lime ice cream and mango and banana brunoise (a chocolate mousse bar weighs: 2.6 ounces / 80g). Don't be afraid, make everything in advance and when ready, fire it up!

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

Caramelized Nuts for Praliné Paste

4 ounces (120g) chopped almonds

2.7 ounces (80g) chopped hazelnuts

A pinch of salt

7 ounces (210g) powdered sugar

Method

Toast nuts in a hot skillet or in a 375°F (190°C) preheated oven for about 10 minutes. Let cool. (Remove skin if desired). Meanwhile make caramel a sec (dry caramel). In a hot saucepan stir in powdered sugar over medium high heat and cook until it turns brown but not dark brown. Turn off the heat and fold in the toasted nuts. Transfer the caramelized nuts on a silicon mat and let cool completely. Break into pieces (save some for decoration). While the food processor is running throw in the broken caramelized nuts and blend for 5 minutes or until completely smooth. Save 7 ounces (210g) for the praliné crunch and refrigerate what's left for later use.

Praliné Crunch

8 ounces (240g) praliné paste

0.9 ounce (25g) milk chocolate & 0.9 ounce (25g) cocoa butter

4 ounces (120g) feuillantine (dried crêpes) or unsweetened corn flakes

Method

Microwave cocoa butter first and melt in milk chocolate. Mix the melted chocolate mixture with the praliné fold in the feuillantine or broken corn flakes. Spread the mixture on a silicon mat, cover with plastic wrap and make a flat 1/4 inch (0.6mm) thick rectangle. Freeze crunch to harden and cut out a 11.5x8 inch (29x20cm) perfect rectangle. Save trimmings for later use. Place the crunch inside a 9-1/2x13x1 inch (24x33cm) baking tray lined with plastic wrap and store in the refrigerator. It can be kept frozen as well.



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Milk Chocolate Mousse

0.6 cup (130ml) heavy cream

0.6 cup (130ml) whole milk

2 ea. (40g) yolks (freeze whites for later use)

2 grams gelatin sheet or powder*

13 ounces (400g) milk chocolate (40 percent cocoa solids at least), broke into pieces or use discs

1.6 cup (400ml) heavy cream, whipped but supple

*Two grams of powdered agar agar can be used in place of two grams of gelatin sheet or powder. Follow the instructions for activating agar agar with great care. It does not set at the same temperatures as gelatin.



Method

Soak gelatin in cold water to soften and drain. In a saucepan, bring milk and heavy cream to 95°F (35°C) then whisk in egg yolks. Cook mixture whisking constantly on medium heat. Then stir using a figure-eight motion with a wooden or rubber spatula until it reaches 185°F (85°C). Note that creme Anglaise should not boil or it will separate. Turn off heat and whisk in the melted gelatin. Pass through a fine sieve over the milk chocolate. Allow the mixture to sit for 1-2 minutes. Mix it up and let the chocolate creme Anglaise to cool to 105°F (41°C) then fold in the whipped cream. Now it's a mousse!. Grab the chilled baking tray lined with plastic wrap and praliné crunch, spread the milk chocolate mousse evenly to the top and tap gently to even it up and freeze overnight. Then unmold the cake, flip it (crunch side down) and place in the refrigerator overnight to thaw completely before cutting. Trim all sides and cut the rectangle in half lengthwise. Then cut both halves in four strips; 8 total then divide in half from the center to make 16 serving size rectangles. The size should be around 5.5x1 inch (14x2.5cm). Place chocolate bars back in the freezer. Bars must be completely frozen before glazing.

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Chocolate Glaze

1.2 cups (300ml) water

8 ounces (250g) sugar

12 ounces (350g) glucose or light corn syrup

7 ounces (200g) condensed milk

26 grams gelatin sheet or powder*

10 ounces (300g) dark chocolate 70% cocoa content, broke into pieces or use discs.



Method

Soak gelatin in cold water to soften. In a saucepan bring water, sugar and corn syrup to a boil. Turn heat off and mix in the condensed milk along with the melted gelatin. Pour the liquid over the chocolate and blend. Pass through a fine sieve, tap to remove any air bubbles and let cool to 90°F (32°C) before using.

Glazing

Arrange half the FROZEN milk chocolate crunch bars on a draining grate and a place over a baking tray lined with plastic wrap. Glaze chocolate bars once then save the chocolate glaze that is dripping over the wrap and freeze bars for 30 minutes and glaze again and carefully even the surface of each bar using an offset spatula. Save the chocolate glaze that is dripping over the wrap and repeat these steps to the 8 remaining bars. Rewarm glaze to the right temp if necessary. Store the glazed chocolate bars in the freezer. (For storage purpose and to avoid any damages, keep bars unglazed until you need it). Thaw glazed bars an hour at room temp or overnight in the refrigerator before plating. At this point the chocolate bars are delicious served alone. This glaze can be kept refrigerate up to a week or frozen for months.

Mango, Banana Brunoise

Peel and slice 2 large mango or papaya into thin slices (1/16" / 1.5mm) thickness, then julienne and dice into fine brunoise. Do likewise with 5 bananas. Add 2 lime zest and juice. Use about a tablespoon per serving. Refrigerate up to 3 days.

Plating

Arrange a glazed chocolate bar on plate and decorate with gold leaf is desired. Right before serving, place ice cream bars on the side or on the top of the chocolate bar. Add a tablespoon of mango banana brunoise on the top of the ice-cream or underneath if the ice-cream is placed on the side. Decorate with one or 3 small pieces of caramelized nuts, lime zest and serve immediately. Enjoy!