

Chocolate Peanut Butter Mousse w/ Popcorn Ice-Cream

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.

Chocolate Glaze

- 1 cup (250ml) heavy cream
- 0.5 cup (125g) light corn syrup or honey
- 1 cup (120g) unsweetened dutch-processed cocoa powder
- 1.5 cup (300g) granulated sugar
- 0.4 cup (100ml) water
- 0.5 ounce (14g) gelatin sheets or powder.

Method

Soak gelatin in cold water (if using agar agar instead, check out instructions online). In a small saucepan cook sugar and water; cover with a lid until it boils well, remove cover and cook to 230°F (110°C) on medium high heat. Meanwhile, in a medium size saucepan, heat up cream and corn syrup, turn off the heat and mix in the cocoa powder. Pour the hot syrup into the chocolate mixture, add the melted gelatin and blend. Pass through a sieve and let cool to 95°F (35/36°C). Arrange the chocolate peanut mousse triangles on a draining grate and a place over a baking tray lined with plastic wrap. Glaze your hard frozen mousse, save the chocolate glaze that is dripping over the wrap and repeat this step until done. Rewarm the glaze to the right temp if necessary. Place the glazed chocolate peanut butter mousse in the freezer. Once completely frozen, carefully place each mousse over a triangle of peanut butter crust and freeze again. Thaw dessert a couple of hours at room temp or overnight in the refrigerator before plating. This glaze can be kept refrigerate up to a week or frozen for months.

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Peanut Butter Panna Cotta

1 cup (250ml) heavy cream
3 Tbsp (30g) granulated sugar
2 ounce (60g) unsalted peanut butter
0.17 ounce (5g) gelatin sheets or powder

Method

Soak gelatin in cold water. In a medium saucepan, heat up heavy cream without boiling, mix in sugar and peanut butter. Remove from heat and blend in the melted gelatin. Transfer to a pastry bag and chill completely before using.

Chocolate Opaline (Crystal Tuile)

0.5 cup (100g) granulated sugar
2 Tbsp (70ml) light corn syrup or honey
2.3 ounce (70g) dark chocolate

Method

Cook sugar and corn syrup to a light brown caramel 300°F (150°C) over medium high heat. Turn off the heat and melt in chocolate. Transfer onto an oiled, cool and clean surface or a silicon mat and let cool completely. Brake into pieces and place half of the recipe in a food processor and blend into a fine flour. Set the oven rack adjusted to the middle position and preheat with a baking sheet or a pizza stone. Sprinkle some of the chocolate opaline mixture over a silicon mat and bake at 400°F (205°C) for 7 to 10 minutes. Transfer opaline to a cool surface before using. Store in container with tight-fitting lid or freezer bag at room temp for later use.

Peanut Malto (This mixture creates a more velvety mouthfeel of the dessert)

1/3 cup (50g) maltodextrin (available online)
0.8 Tbsp (10ml) peanut oil
0.5 Tbsp (5g) confectioner sugar

Method

Mix the maltodextrin with the oil and add the sugar. Store in container with tight-fitting lid or freezer bag.

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Plain Popcorn (for the Ice Cream)

1/4 cup (50g) high quality popcorn kernels

Just enough peanut oil to barely coat the bottom of a pan; no need for more.

Method

Coat the bottom of a saucepan with a high smoke point oil and mix in kernels. Turn on the heat on medium high and cover the pan and wait for the first kernels to pop then set the heat to low, shake the pan back and forth over the stove. Once the popping slows to several seconds between pops, turn off the heat and leave the lid slightly ajar to let the steam from popcorn release. Dump popcorn immediately into a wide bowl.

Salted Caramel Popcorn (for the Plating)

1/8 cup (25g) high quality popcorn kernels (you wont need that much but save any extra for snack).

Just enough peanut oil to barely coat the bottom of a small pan; no need for more.

Popcorn for both recipes can be cooked together and split later.

Caramel a Sec (Caramel Without Water)

1/4 cup (50g) granulated sugar

1/4 tsp (1g) fleur de sel or kosher salt

1 Tbsp (15g) unsalted butter

Method

Cook popcorn and set aside. On high heat, cook sugar until it turns brown, add salt and butter. Turn the heat off and fold in the popcorn and transfer to silicon mat or parchment. Let cool to room temperature and store in container with tight-fitting lid or freezer bag at room temp otherwise it will end up sticky if left uncovered. If it occurs, place the salted caramel popcorn in a 250°F (121°C) oven for about 20 minutes to get them crispy again.

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Yield: 1 Quart (1L).

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Popcorn Ice Cream

- 4 Tbsp (60g) unsalted brown butter (beurre noisette)
 - 1.7 ounces (60g) cooked popcorns (see popcorn for ice cream recipe)
 - 2.8 cup (700ml) whole milk
 - 2 Tbsp (30ml) light corn syrup or honey
 - 5 Tbsp (50g) dried milk
 - 1/4 cup (50g) granulated sugar
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- 4 ea. (80g) egg yolks
 - 1/4 cup (50g) granulated sugar

Method

For the brown butter, cook butter on medium heat until it turns light brown, butter is ready when it stops 'singing'. Turn off the heat and transfer to a clean container to stop cooking and set aside. Whisk egg yolks and sugar in medium bowl to blend. Meanwhile, in a medium saucepan, warm up milk and corn syrup and add sugar and dried milk. Bring to boil, turn off the heat and add the cooked popcorn and let to infuse for an hour or more; covered. Once infused, blend the milk and popcorn mixture and strain. Bring milk mixture with the brown butter to boil and gradually whisk hot milk mixture into yolk mixture. Return custard to saucepan and stir over low heat until it thickens, about 2 minutes; the temperature should reach 185°F (85°C). Strain and let cool completely over ice-water. At this juncture this would make an excellent Popcorn Crème Anglaise. To turn into ice cream, process in an ice cream machine according to the manufacturer's directions and place in the freezer a couple of hours before serving. If too stiff after a few days of storage; slightly soften the ice cream in the refrigerator or at room temperature before scooping it out. Enjoy!

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Chocolate Peanut Butter Mousse w/ Popcorn Ice-Cream – Make This Dessert Two Days Ahead.

Ophélie Barés Recipe Inspired.

Makes 24 Portions (small portions)

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 and then plate them creatively. This plated dessert is just an example of what can be achieved by marrying perfect ingredients such as chocolate, peanut butter and popcorn. Groupings the main item of odd numbers (1 and 3) which is here a chocolate peanut mousse triangle (finished product: 2 ounces / 60g – are much more interesting than groups in even numbers (2 or 4). If you choose to display 3 chocolate peanut mousse triangles per plate which would give an awesome perspective, divide the chocolate peanut butter mousse recipe by half to get a lower heights and roll out crust a bit thinner. Don't be afraid, make everything in advance and when ready, fire it up!

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Peanut Butter Crust (Sablé)

5 Tbsp (80g) butter, softened

5 Tbsp (80g) room temp unsalted peanut butter, preferably freshly ground

0.9 cup (100g) almond meal

0.5 cup (70g) confectioner sugar

1.2 cup (150g) all-purpose flour

(40ml) heavy cream

Method

Place the softened butter and peanut butter in the bowl of a stand mixer fitted with the paddle attachment and cream on medium-high speed, then add almond meal and sugar, then the flour on low speed. Pour in heavy cream and mix until just combined on low speed. Wrap it up and refrigerate until firm. Dust work surface with flour and work dough until just pliable. Since this dough is crumbly; roll it out over a silicon mat or parchment into a 9x12-inch (23x30cm) and 0.15-inch (4mm) thick rectangle. Divide it into 12 3x3-inch (7.5x7.5cm) square using a knife, pizza wheel or a pastry cutter wheel. Cut the squares across to make 24 triangles. Save what's left to make extra cookies...

Baking

Bake in a preheated 350°F (180°C) oven for about 12 minutes. Right after baking, run cutter across cookies making sure they are all neatly separated. Let cool.

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Chocolate Peanut Butter Mousse

8 oz (250g) dark chocolate couverture, chopped (Valrhona Caraïbe 66% or Guanaja 70%)

8 Tbsp (120g) unsalted peanut butter, preferably freshly ground peanut butter

6 ea. (300g) large eggs

1/4 cup + 1 Tbsp (60g) granulated sugar

1/4 tsp (1g) fleur de sel or kosher salt

1.5 cup (360ml) heavy cream, whipped but supple

Method

Over a hot water-bath, melt chocolate and peanut butter together and set aside. Over the same water-bath, in a large bowl whisk the eggs with sugar and salt continuously until the mixture is thick and fluffy just like a sabayon about 5 minutes. The bottom bowl should not touch the simmering water. Remove from heat and mix in the chocolate mixture and gently incorporate the whipped cream. Line a 9x13 (23x33cm) baking tray with plastic wrap. Pour in the chocolate peanut mousse and cover with plastic wrap in contact, tap the tray to evenly distribute the mixture. Place in the freezer overnight or until completely set. Divide the mousse into 12 2.75x2.75-inch (7x7cm) squares (slightly smaller than the peanut crust) and cut the squares across to make 24 triangles. To make cuts look sharper bring a pitcher of hot water, dip the blade in between cuts, and wipe with a towel. Cover with plastic wrap and freeze. This chocolate peanut mousse can be kept refrigerated up to 2 days or frozen for weeks.