



A picture taken during Vincent Boué's workshop

# Tell her with a rose (mango)

A recipe by Vincent Boué, a "Meilleur Ouvrier de France" chef



## Ice cream milk and lactic ferment yogurt sossa

- 1217 g Whole milk 3.6% fat
- 81 g Skim milk powder 0% fat
- 334 g Milk cream 35% fat
- 255 g Sucrose (white sugar)
- 80 g Atomized glucose syrup (DE33) SOSA
- 30 g Invert sugar SOSA
- 12 g Emulsified stabilizer (Procrema 5 BIO) SOSA
- 24 g Ferment lactic yogurt powder (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) SOSA

2033 g Total weight

Make the ice cream mix: in a pasteurizer (or a cooking pot), place the ingredients in the following order: whole milk and skim milk powder first, then the sugars (sucrose, dehydrated glucose and invert sugar by removing 10% sucrose, or 25 g) at + 25°C, followed by cream at + 35°C, and finish with the emulsified stabilizer (to which we add the remaining 10% of sugar, 25 g) at + 45/55°C.

Pasteurize at + 85°C. Mix and cool at + 4°C.

Leave to mature at least 4 hours at +4°C. Add the Sosa lactic ferments cold and leave to mature again 4 hours at +4°C.

Mix, turbinate, and extract before using. Store at -18°C.

## Italian Lemon Meringue

- 150 g Egg white
- 300 g Sucrose (white sugar powder)
- 100 g Pure water
- 1 g Lemon zest (not processed)

551 g Total Weight

Cook the water and sugar. When the syrup reaches +110°C, start beating the egg whites in the mixer bowl. Pour the cooked sugar over the egg whites when the temperature is around +117°C/+120°C.

Whisk until the meringue cools completely. Its appearance is then very dense, shiny and forming multiple tips (strands).

Add an untreated lemon zest. Straighten and dehydrate.

## **Fruit sorbet Mango Késar and Alphonso Adamance**

**1000 g Mango pulp Késar and Alphonso (Adamance)**

**283 g Sucrose (white sugar powder)**

**100 g Atomized glucose syrup DE33 Sosa**

**5 g ProSORbet 5 Sosa**

**278 g Water**

**1666 g Total weight**

Make the sorbet mix: make a syrup with water, sugars (sucrose and dehydrated glucose by removing 10% sucrose, or 28 g) at + 25°C, then add the stabilizer (to which the sucrose, 28g remaining was added) at + 45/55°C.

Pasteurize to + 85°C. Mix and cool to + 4°C.

Leave to mature 4 to 6 hours at + 4°C.

Add the Mixer mango purée, mix, turbinate and extract before using.

Store at -18°C.

## **Crunchy shell**

**400 g Opalys 33% white chocolate Valrhona**

**160 g Cocoa butter Valrhona**

**560 g Total Weight**

Melt the white chocolate and cocoa butter at +30°C. Pour directly into the strapped molds.