

FutureChef

Resources: Recipes

Catrin's Lemon, Pistachio and Raspberry Mousse Cake



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Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at info@futurechef.uk.net



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Catrin's Lemon, Pistachio and Raspberry Mousse Cake

INGREDIENTS

Sponge

- 2 eggs
- 60g caster sugar
- 60g butter or baking spread + extra for greasing
- 60g self-raising flour
- 50g chopped pistachios
- Zest of 1 lemon
- 1 tsp vanilla bean paste

Jam

- 100g raspberries
- 50-100g sugar (granulated or caster is fine)
- 1 tsp lemon juice

Mousse

- 2 gelatine leaves (platinum grade)
- 75ml double cream (to heat)
- 125ml double cream (to whip)
- 190g raspberries
- 50g caster sugar

Mirror Glaze

- 7 gelatine leaves (platinum grade)
- 200g caster sugar
- 200ml water
- 350g chopped white chocolate
- Gel food colouring of your choice (I used red, pink, and white)

Special equipment

- Ring cake tin / mould (I find that a silicone one works best)
- Food thermometer
- Blender (optional)



Raspberries are a great source of fibre and antioxidants

METHOD

1. Preheat your oven to 180°C / 160°C fan / gas mark 4
2. Prep your cake mould by rubbing butter all over and up the sides, then add a small amount of flour to coat the inside of the mould
3. Cream together the butter and sugar until it is light and fluffy. Add the eggs, flour, lemon zest, vanilla bean paste, mix until combines. Stir through the chopped pistachios
4. Pour the mixture into the mould, bake for about 15-20 mins, until a pale golden colour, or until an inserted skewer comes out clean. Tip the cake out onto a cooling rack until it has completely cooled. Then slice in half lengthways, so that you have two rings of cake. Clean the mould, as you will need it again to assemble

5. Meanwhile, make the jam. Add the raspberries, sugar, and lemon juice to a saucepan. Heat on a medium high heat, stirring frequently until it reaches about 105°C. transfer to a bowl, cover with clingfilm and leave to cool
6. Bloom the gelatine in cold water for a few minutes. Heat the 75ml of cream and sugar until the sugar has dissolved, then squeeze the excess water from the gelatine leaves, add them to the cream and whisk until dissolved. Set aside
7. Blend the raspberries into a puree and press the mixture through a sieve to remove the seeds. Alternatively, heat the raspberries with a tsp of lemon juice and stir until they have broken down into a thick sauce consistency. Pass this through the sieve instead
8. Add the cream mixture to the raspberries, mix well and set aside to cool to room temperature
9. Whip the remaining cream to soft peaks, fold in the raspberry mixture. It should have a thick, but pourable consistency
10. Pour just under half of the mousse into the ring mould. Add the smaller ring of cake. Press down on the cake gently to make sure it is even. Spread the jam over the top, then add some more mousse and the second ring of cake. Press down again to make sure it's still even. Top with the remaining mousse, ensuring all sides are covered with the mousse. Scrape off the excess mousse with a spatula
11. Freeze the cake until the mousse is solid, ideally overnight
12. Once the cake has set completely, make the mirror glaze
13. Bloom the gelatine for a few minutes in cold water
14. In a saucepan, whisk the sugar, water, and condensed milk, and bring to the boil. Squeeze the excess water from the gelatine leaves and add these to the mixture, whisking until they have dissolved
15. Pour immediately over the bowl of white chocolate. Leave to stand for a minute then stir everything together. It works best if you have a stick blender to blend the mixture
16. Pour the mirror glaze through a sieve to remove any air bubbles. Divide the mixture into smaller bowls, and colour using whichever colours you like. Leave them to cool to around 35°C, stirring occasionally
17. Whilst these are cooling, turn your frozen mousse cake out onto a cooling rack, with a large tray underneath
18. Once the mirror glazed have cooled, add them all back to one jug and stir briefly to mix the colours. Pour the glaze slowly over the cake, making sure all sides are covered. I find this works best by pouring the glaze back and forth (to the middle and then to the edge), going all the way around the cake. (To see this visually, I'd recommend having a look on YouTube for a video.)

19. Leave the cake for a few minutes for the glaze to set, then carefully transfer to a cake board using palette knives. Decorate however you like. I prefer to use a simple decoration of one half raspberry and some gold leaf, but you can be as creative as you like here!

20. Give the cake a few hours to come up to room temperature before consuming

21. Enjoy!