

The Magic Of Mousse

Mousse is a light, airy, sweet, or savory dish originating in 18th-century France. Mousse translates as “foam,” which is about mousse’s airy texture. Sweet mousse did not enter English-speaking kitchens until the 1960s. The sweet dish is called mousse, while the savory one is called mousseline.

Mousse is a creamy dessert made by folding whipped cream or egg whites into a dense, creamy mixture, which can be custard or ganache. It would be best to gently fold the whipped cream or egg whites to keep the air bubbles and create a light, airy dessert.

Learning how to fold ingredients is a must! Folding is an essential technique in the world of baking. The simple definition of folding is carefully adding a light, airy mixture to a thicker, heavier mixture.

Always add the lighter ingredients (beaten egg whites or whipped cream) to the heavier mixture. Starting at the center of the bowl, cut straight down the center with a wide, flexible spatula to the bottom of the bowl. Scrape along the bottom of the bowl towards you, continue up the side, and scoop the mixture over the top. Rotate the bowl a quarter turn and repeat the process until just combined. You’re done once you achieve a uniform mixture without streaks or separation!

Mousse has three basic components: base, binder, and aeration. The base provides the body, color, and flavor for the mousse. Bases can be meat, fish, cheese, or vegetables. Binders are what hold the mousse together and give it structure. Gelatin or aspic jelly would be added and set as the mousse chills. Aeration is the process of introducing air into the mixture. Whipped cream works well for this, or you can use egg whites if you want a leaner mouse but still have the lightness without the fat.

Mousse is sweet with pureed ingredients, stiffly beaten egg whites, and whipped cream. Mousse is sometimes used to describe a gelatin dessert whipped to a froth after it has partially set. The three main characteristics of a mousse are smooth and velvety texture, light and airy, and a distinct yet delicate flavor.

Sweet mousse is served as a dessert, sometimes frozen, or an airy cake layer. Chocolate mousse is one of the best-known types. It is made from whipped cream or egg whites and has sugar and bittersweet chocolate added. Chocolate and mocha mousse can also be made with a custard base. Fruit mousse has pureed fruit or juice instead of milk in the custard base.

Mousseline is a savory dish that combines uncooked meat (pureed) and bound with egg whites, possibly cream sometimes. It is set by cooking. Mousseline is generally made from fish, but other meats like ham can be used. The meat is combined with egg whites to form a paste, with seasonings and cream added towards the end of processing. Mousseline is spooned into molds. They are cooked in a steam bath until they are set.

Mouse can be used in several ways as it is very versatile. It can be served by itself or used to help create other desserts. Use mousse instead of frosting between cake layers and use different flavored mousse to make a multi-layered torte. Mousse can be used in pie crusts, mini tart shells, or filling in cream puffs. Make parfaits or trifles using mousse, fresh fruit, and cake or cookies. Another way to use mousse is to freeze it for an ice-cream-like dessert. When using mousse in a dessert, leave the dessert in the fridge until ready to serve.

No matter which one you choose, sweet or savory, mousse is unique and interesting. There are many varieties of mousse, and each is an excellent dish.

(Sources: www.britannica.com; caloriecontrol.org; hmhub.in; monpanierlatin.co.uk; www.tasteofhome.com)