



Espuma

INGREDIENTS

Strawberry Coulis Base

- 340ml strawberry coulis *
- 160ml water
- 5 sheets of gelatin (gold strength - 2g per sheet)



Serves: 16



Prep Time: 2 min



Cooking Time: 8 min

METHOD

1. Prepare your base by warming up 340 ml strawberry coulis with 160ml water in a medium sized saucepan.
2. Place your gelatin sheets in a bowl of cold water until softened. Remove from water and squeeze out excess water.
3. Add the softened gelatin to the saucepan and stir well until all the gelatin has dissolved.
4. Strain through a fine strainer.
5. Allow the mix to cool down in the fridge or over a bowl of ice (remember to stir so that mix does not set hard).
6. Place the cold mix in a syphon gun.
7. Charge the syphon gun with 2-3 cartridges of Nitrous oxide depending on the size of the gun.
8. Use immediately, or store in the fridge (shake every 20 mins, so it does not set).

*Strawberry coulis could be replaced with fruit purée, vegetable purée, coulis etc



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

