
PEAS AND STRAWBERRIES



Food : Appetisers

Ingredients

Sablé • 0.40kg Flour • 0.15kg Butter • 0.04kg Fécule
• 0.1kg Almond Powder • 0.25kg Icing Sugar • 0.1kg
Eggs Pea Mousse • 800ml Water • 400g Peas •
115g Sugar • 8g Gelatin • 114g Whipped Cream •
57g Egg Whites Stawberries • 215ml Strawberry
Juice • 45g Sugar • 10g Fécule • 70g Gelatin • 25ml
Lime juice • 25g Grand Marnier • 375g Strawberries,
hulled and sliced

Methods

Sablé

- Soften the butter. Add your eggs. Finish by adding all other ingredients and mixing through. Bake at 150°C.

Pea Mousse

- Cook peas with water and sugar until mushy. Blend it and add gelatin. Let it cool and add egg whites and whipped cream. Keep under refrigeration

Stawberries

- Make strawberry juice warm on a stove. Add sugar, fecule and gelatin and boil for one minute. Take off heat and add the Lime Juice and Grand Marnier. Let cool and finally add the strawberries.