

Chef Dadaleares' Vanilla Mousse

Gross Confection Bar – Portland Maine

<https://grossconfectionbar.com/>

Ingredients

- 1 ½ cups (360 ml) whole milk
- 4 large egg yolks
- ½ cup (100 g) granulated sugar
- 1 ½ Tablespoons of Nielsen-Massey Pure Vanilla Bean Paste
- 2 cups (475 ml) heavy whipping cream, divided
- 1 ½ teaspoons powdered gelatin
- ⅛ teaspoon salt

Instructions

1. Bloom the gelatin

Sprinkle the powdered gelatin over 2 tablespoons of cold water or 2 tablespoons of the heavy cream in a small bowl. Set it aside for about 5 minutes to allow it to soften.

2. Prepare the custard base

In a medium saucepan, combine the whole milk and the vanilla bean paste. Heat the mixture over medium-high heat until it begins to steam and bubbles form around the edges. Remove from the heat.

In a separate bowl, whisk together the egg yolks, sugar, and salt until the mixture is pale and thick.

Temper the egg yolks by slowly whisking about ½ cup of the hot milk mixture into the egg yolk mixture.

Return the tempered yolk mixture to the saucepan with the remaining milk. Cook over medium-low heat, whisking constantly, until the custard thickens enough to coat the back of a spoon, about 10 minutes. Do not let it boil.

Remove the custard from the heat and stir in the bloomed gelatin until completely dissolved.

Strain the custard through a fine-mesh sieve into a clean bowl to remove any bits of cooked egg. Place a sheet of plastic wrap directly on the surface to prevent a skin from forming and let it cool to room temperature.

3. Whip the cream

In a chilled bowl with a cold whisk attachment, beat the remaining heavy cream until it holds medium peaks.

4. Combine and chill

Gently fold the whipped cream into the cooled custard base until no streaks remain. Work quickly and in batches to avoid deflating the mousse.

- Divide the mousse into serving dishes.
- Refrigerate for at least 4 hours, or until set.
- Serve chilled
- Yield: 6 – 8 servings

