



# MANGO DÔMES

Matthew Shepherd presents this delicious entremet recipe. Featuring (from the base up) almond dacquoise cake, chocolate Bavarian mousse, mango compote with a mango-coloured mirror glaze.

## INGREDIENTS

### MANGO COMPOTE

- 450 grams mango (approx. 3 mangos)
- 75 grams butter (2.6 ounces)
- 75 grams sugar (2.6 ounces)
- 5 grams pectin (1 tablespoon)
- Juice from 1 lemon

### BAVARIAN MOUSSE

This component is made in several steps, preparing a base custard (crème Anglaise), then a chocolate Bavarian cream and finally folding in whipped cream to make the mousse.

#### CRÈME ANGLAISE

- 300 grams cream (10½ ounces)
- 180 grams milk (6.3 ounces)
- 120 grams eggs yolks (6 egg yolks)
- 60 grams sugar (2.1 ounces)

#### BAVARIAN CREAM (Crème Bavaoïse)

- Crème anglaise from previous step
- 12 grams gelatin (0.4 ounces)
- 500 grams white chocolate (17.6 ounces)

#### BAVARIAN MOUSSE (Mousse Bavaoïse)

- Bavarian cream from previous step
- 600 grams heavy cream (21.1 ounces)

### SIMPLE ALMOND DACQUOISE

- 200 grams fine almond flour (7.0 ounces) ensure you have a little more as you only use the fine sifted part
- 200 grams egg whites (about 5 ½ eggs)
- 175 grams sugar (6.2 ounces)

### MANGO COLOURED MIRROR GLAZE

- 350 grams white chocolate (12¼ ounces)
- 150 grams water (5¼ ounces)
- 300 grams sugar (11½ ounces)
- 200 grams condensed milk (7 ounces)
- 1 tablespoon vanilla extract
- 19 grams powdered gelatin (0.67 ounces)
- Yellow food dye and peach or orange food dye

### ASSEMBLY

- Shredded coconut flakes

## METHOD

### Prepare the syrup

Combining the sugar and water and heating in the microwave for 30 seconds. Stop, stir for 30 seconds and repeat until the sugar is dissolved. Let this chill to room temperature.

Set aside some syrup for soaking the mango wedges and a small amount for brushing the dacquoise cakes.

### Prepare the Mango Compote

Using a paring knife, peel away the mango skins and remove wedges from the peeled mango. Remove the flesh and dice. Melt the butter and the sugar together on a very low heat until a slurry is formed. Add the lemon juice.

Heat the mango with the butter and sugar until the mangos are slightly softened. This should mellow the mangos by removing some of the tartness and give them a more buttery sweet flavour. Sprinkle in the pectin and let this cool. It should be slightly thickened by the pectin even when warm, like a very thick syrup. Fill moulds with the compote, cover and freeze.

### Prepare the Almond Dacquoise

Use a sieve to sift the almond flour so you are only left with a fine powder. You can return the leftovers to a food processor and blend to recover some additional fine ground almond. Resist the temptation to use these large clumps of flour since they will make your cake clumpy instead of soft.

Whip the egg whites with the sugar until they reach stiff peaks. Gently fold in the fine almond flour until fully mixed, deflating the meringue as little as possible. Butter and flour your pan before pouring in the batter.

*If you are preparing this recipe for a gluten-free guest, omit the flour and instead use corn starch.*

Spread the batter out into your pan. Bake the cake at 350°F (180°C) until the cake is fully cooked through and lightly golden brown, about 20 minutes depending on the size of your pan. A toothpick inserted into the centre should come out clean. Remove the baked cake from the pan.

Cut rounds from the sheet and store the rounds in plastic, separated by squares of parchment.

### Prepare the Bavarian Mousse

Once the dacquoise is ready and the compote frozen, you can begin to prepare the Bavarian mousse. This component is made in three steps, preparing a base custard (Crème anglaise), then a chocolate Bavarian cream and finally folding in whipped cream to make the mousse.

### Prepare the Crème Anglaise

Bloom the gelatin by whisking together the gelatin powder and about ⅓ cup very cold water. Set this aside. Beat the egg yolks with the sugar. Scald the milk and cream until steaming. Temper the egg by pouring in 1/3 of the cream and milk into the eggs and whisking, then pour the remaining into the eggs. Return the crème anglaise to the saucepan and gently heat until it starts to thicken and reaches 170°F (76°C). Once it reaches the required temperature remove it from the heat immediately while continuing to stir. It should be thick at this point, similar to the consistency of sour cream. The temperature will continue to rise but it should not exceed 180°F (82°C) or else the eggs will scramble.

### Prepare the Crème Bavaoïs

Stir in the gelatin into the prepared crème anglaise until fully dissolved and strain the mixture through a sieve. Melt the chocolate in a microwave starting with 30 seconds, then 10 second bursts. Aim for the chocolate being just-melted.

Emulsify the chocolate with the crème Anglaise using a hand blender until fully mixed. Set this mixture aside until it cools to near room temperature. It must be below 100°F (37°C) before folding in the chantilly cream since animal fats in the cream will start to melt around this temperature.

### Prepare the Mousse Bavaoïs

Start by whipping the heavy cream to stiff peaks. Now fold the whipped cream into the Bavarian cream, in thirds, trying to deflate the cream as little as possible.

Brush the almond dacquoise rounds with the simple syrup. Assemble the dômes with the Bavarian mousse, frozen mango compote and almond dacquoise. Cover the moulds with plastic and freeze the domes until completely solid, at least 4 hours or overnight.

### Prepare the Mirror Glaze

Bloom the gelatin in cold water and set it aside while you heat the liquids. Meanwhile, bring the water, sugar, and condensed milk to a gentle simmer. Turn off the heat and stir the bloomed gelatin into the mixture. Pass this mixture through the sieve to remove any gelatin clumps. Pour the mixture over the chocolate until it dissolves. This should take about 5-10 minutes for all of the chocolate to fully melt. Use an immersion blender fully submerged into the liquid to avoid introducing any air bubbles. Blend this until the entire mixture is smooth and homogeneous. Blend the food dye into the mirror glaze. Allow the mirror glaze to cool to the target temperature, which is about 92°F (33°C). Make sure you stir periodically to prevent a film from forming on the top. When the glaze is between 90°F and 94°F (32°C - 34°C), it is ready to be poured over the cake. At this point be very careful not to introduce bubbles since the glaze is very viscous and they will not pop on their own. You must manually pop them or strain the mixture through a sieve.

Assemble the Mango Dômes sprinkled with the shredded coconut flakes and serve.

*Enjoy!*

Serves 12

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