



By: Elly Wentworth,
Junior Sous Chef,
Michelin-starred Lucknam Park



Sponsored by



CHOUX BUN

With 2 Fillings:

- Colombian Mango Salsa And Coconut Mousse
- Colombian Pineapple Salsa And Colombian Passionfruit Mousse



CHOUX BUN (with 2 fillings)

Sponsored by  **PROCOLOMBIA**
EXPORTS TO U.K. INVESTMENT COUNTRY BRAND

Colombian Mango Salsa And Coconut Mousse / Colombian Pineapple Salsa And Colombian Passionfruit Mousse

By: Elly Wentworth, Junior Sous Chef, Michelin-starred Lucknam Park

Ingredients:

Choux Bun Mix

35g water
35g milk
330g butter
15 eggs
420g flour
3tsp icing sugar
3tsp salt

Crackling Crumble:

450g flour
450g brown sugar
375g butter

Fillings:

Colombian mango salsa

And coconut mousse

1 Colombian mango,
chop into a salsa
350g coconut purée
500g whipped cream
1 gelatine leaf
80g sugar

Colombian passionfruit mousse

And Colombian pineapple salsa

As above but substitute the mango
salsa and coconut purée for
passionfruit purée and pineapple
salsa

Method:

1. Preheat the oven to 220°C/200°C Fan/Gas 7 and line a large baking tray with baking parchment.

Choux Bun

2. In a saucepan bring the water, milk and butter to the boil. Add the flour to the pan and cook out for a few minutes. Add the mixture to the kitchen aid. Slowly add the eggs, salt and sugar.
3. Spoon the choux pastry into a piping bag. Pipe the choux pastry onto the prepared baking tray, leaving a generous gap between each.
4. Mix all ingredients for the crackling crumble together. Roll out in-between sheets, cut out discs and place on to choux buns on the baking tray before cooking.
5. Bake the choux buns in the oven for 10-15 minutes until risen at 160 degrees for 15 mins. When cooked, take out the oven and place on the side to cool down. Leave to fill with mousse when ready.

Fillings:

6. Combine the mango salsa and coconut purée together.
7. Gently bring 1/3 of the coconut and mango salsa and sugar onto the heat, till it comes up to a simmer add the gelatine.
8. Gently fold that into the remaining purée mixture. Whip up the cream to a semi peak, fold 1/2 of the whipped cream into the purée and add the rest straight into piping bags and allow to set. When set add each mixture to the choux bun base and add the choux bun top.

Colombian Passionfruit mousse and Colombian pineapple salsa

9. Method as above.



@LondonProduceSH
#celebratingFRESH