

夏日青蘋果凍餅

Summer Green Apple Mousse Cake



材料：

Ingredients:

消化餅 7 塊 (研碎)
7 pc Digestive Biscuits (crushed)

淡牛油 35 克
35 g Unsalted Butter (softened)

蛋白 3 隻
3 pc Egg White

忌廉 200 毫升
200 ml Cream

糖 5 湯匙
5 tbsp Sugar

青蘋果 3 個
3 pcs Green Apple

魚膠片 5½ 片
5½ pc Gelatine Sheet

青蘋果汁 200 毫升
200 ml Green Apple Juice

熱情果汁 90 毫升
90 ml Passion Fruit Juice

奇異果汁 100 毫升
100 ml Kiwi Juice

橙酒 10 毫升
10 ml Orange Wine

青蘋果片 6 片
6 pc Sliced Green Apple

檸檬 1 個 (榨汁)
1 pc Lemon (squeezed)

1. 消化餅碎加入牛油拌勻，用匙羹壓平在7吋餅模中成餅底。
Mix butter with biscuits. Spread and press on a 7" mould to form a crust base.
2. 蛋白1隻加糖1½湯匙打起至企身待用；忌廉80毫升打至七成待用；青蘋果去皮放入攪拌機，加青蘋果汁及½湯匙糖攪拌，然後隔去汁。1½片魚膠片用冷水坐熱攪溶。
Whisk 1 egg white with 1½ tbsp sugar until form to firm peak. Whisk 80ml cream until 70% stiff. Add green apple, green apple juice and ½ tbsp sugar into blender. Then separate purée from juice. Melt gelatine sheet with cold water over a pool of hot water.
3. 將青蘋果茸加入已打的忌廉拌勻，再混入打好的蛋白，加入魚膠液拌勻。倒進餅模中，置入冰箱冷凍1-2小時。
Add green apple purée into whisked cream. Fold in egg white and 1.5 melted gelatine sheet. Pour mixture into mould and refrigerate for 1-2 hrs.
4. 蛋白1½隻加糖1½湯匙打至企身待用；忌廉120毫升打至七成，待用。2片魚膠片用冷水坐熱攪溶。
Whisk 1½ egg white with 1½ tbsp sugar until form to firm peak. Whisk 120ml cream until 70% stiff. Melt 2 gelatine sheets.
5. 熱情果汁拌進忌廉，加入蛋白和魚膠溶液。從冰箱取出餅模，熱情果漿倒於青蘋果上，再冷凍1-2小時。
Fold in passion fruit juice with cream. Add egg white and gelatine. Remove cake mould from fridge and pour in mixture. Refrigerate for another 1-2 hrs.
6. 奇異果汁加入橙酒、糖、90毫升冷水拌勻。2片魚膠片攪溶，然後和奇異果橙酒一起拌勻。
Mix together kiwi juice, orange wine, sugar and 90ml cold water. Melt 2 gelatine sheets and fold into kiwi juice.
7. 青蘋果片用冷水加檸檬汁浸1分鐘，以防變黑。再次取出餅模，將青蘋果片排於餅上，然後將奇異果漿均勻倒在餅上。最後，將餅再次冷凍約半小時便成。
Soak apple slices in lemon juice and cold water. Remove cake from fridge and lay apple slices on top. Pour over kiwi mixture. Refrigerate for 30 min.