



BOSCH
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Apple Yogurt Mousse Cake

Overview

Difficulty: Medium

Servings: 2-3

Preparation Time: 20 mins

Cooking Time: 45 mins

Ingredients

For the yogurt mousse:

- 80ml of plain yogurt
- 100ml of Yakult (apple flavour)
- 150ml of whipping cream
- 20g of sugar
- 6g of gelatin powder
- 30ml of apple juice

For the cake:

- 25g of cake flour
- 25g of corn flour
- 2 eggs
- 40g of sugar
- 1/2 teaspoon vanilla extract

For the apple jelly filling:

- 8g of gelatin powder
- 1¼ Fuji apple
- 150ml of apple juice

Methods

1. Preparing the apple jelly filling (approx. 10 mins):

- Soak gelatin powder in apple juice till dissolved. Microwave for 25 seconds.
- Cut apple, toss with some lemon juice or lightly salted water.
- Mix cut apple, apple juice and dissolved gelatin liquid. Pour into container and freeze for 15 minutes.

2. Making the cake (approx. 20 mins):

- Sift the flour. Separate the egg yolks and egg whites.
- Using the Bosch kitchen machine with the whisk attachment, whisk egg whites with sugar until 70% stiff.
- Then whip up the egg yolk and vanilla extract, and mix with sieved flours. Fold in flour mixture into whipped egg white until all ingredients are incorporated.
- Bake in preheated oven at 170°C for 12-14 minutes, or bake in ordinary rice cooker for 16 minutes until done. Cool the cake (you could put it in freezer for 5 minutes for faster cooling).

3. Preparing the mousse (15 mins):

- Soak gelatin powder with apple juice. Microwave 25 seconds till dissolved.
- Using the Bosch MUM8, whip up the cream with sugar. Mix plain yogurt and Yakult, then fold in whipped cream.
- Mix gelatin liquid into cream mixture.
- Bake in preheated oven at 170°C for 12-14 minutes, or bake in ordinary rice cooker for 16 minutes until done. Cool the cake (you could put it in freezer for 5 minutes for faster cooling).