

Easy Whip[®]



SpecialIngredients

Easy Whip®

Easy Whip is ideal for making light airy mousses, meringues or foams out of virtually any liquid. Simple to use, just blend Easy Whip into your chosen liquid, then whip into a light stable foam or mousse. Foams can then be dried out at low temperature to make meringue. Easy whip is a neutral taste, instant powder that can be added to any liquid either sweet or savoury. Stable foams, mousses, yoghurt's and whipped dairy products can be made quickly and easily using Easy Whip. A free recipe book is included with every purchase. Containing innovative, simple recipes and tips which can be adapted to create your own unique creative dishes.

- Simple and easy to use
- Make light airy mousses out of virtually any liquid
- Make meringues out of virtually any liquid
- Make whipped yoghurts from liquids
- Make stable foams and whipped creams that last
- Use to froth up fruit juices, milkshakes, sauces and soups
- A neutral tasting universal instant powder
- Free recipes included with every purchase
- Vegan Friendly & Non-GMO

Typical Dosage: Use at 0.5% - 1% compared to recipes weight

Easy Whip® Guidelines & Tips

General Guidelines

- Add Easy Whip to any dry ingredients being used, for example sugar.
- Blend the dry ingredients including Easy Whip into the chosen liquid until all the solids are dissolved and the mixture thickens (around 1-2 minutes)
- Whip this mixture into a foam, mousse or yoghurt using a stand mixer or electric whisk. Whip for 5-10 minutes until you reach the desired consistency.
- For detailed instructions on how to easily make foams, mousses, meringues and yoghurts using Easy Whip please see recipes.

Tips

- Use fruit juices or vegetable juices as a base for your foams.
- Thin liquids work best for creating foams so, if using a puree dilute it with another liquid first.
- It can take some time for the foams to form and whip into stiff peaks, allow 5-10 minutes at high speed.
- Easy Whip can be used with alcohol, so you can create edible cocktails and alcoholic desserts.
- For savoury mousses or meringue, reduce the amount of sugar or replace it 1:1 with Isomalt.
- Storing your Easy Whip meringue with silica packets in an airtight container will prolong its storage life.
- Use 'Special Ingredients' Flavoured Oils or Flavour Drops to create imaginative flavoured dishes.

Create a Mousse or Meringue using Easy Whip®

Ingredients

- 400g Liquid (flavoured liquid of your choice)
- 150g Sugar
- 2g Special Ingredients Easy Whip® (0.5% Of liquid weight)

Method

Mix the Easy Whip and sugar together, then add to your chosen liquid.

Blend these together well until all the solids are dissolved and the mixture thickens (around 1-2 minutes).

Whip the mixture to a stable foam using a stand mixer or an electric whisk for approximately 5-10 minutes until you reach the desired consistency.

To create a meringue either pipe the foam or spread it thinly onto a non stick sheet and dehydrate at 60°C (or in a low oven) for 6-8 hours until crisp and dry.

Store meringue in an airtight container until needed (they will soften quickly if not kept air tight).

See the 'Tips' for more guidelines to help you great results.

Whipped Yoghurt

Ingredients

- 200g Greek Yoghurt
- 150g Sugar
- 50g Water
- 25g Fresh Lemon Juice (or juice of your choice)
- 3g Special Ingredients Easy Whip®

Method

Combine the sugar and Easy Whip together.

Now mix together the yoghurt, water and lemon juice.

Add the dry mixture into the yoghurt mixture and blend well.

Whip the mixture using a stand mixer or an electric whisk on high for approximately 8 to 10 minutes until it forms soft peaks, resulting in a light mousse texture.

Store in the fridge.

Serving Suggestion

Serve as part of a dessert featuring soft fruit or other fresh, acidic, elements. For example, whipped yoghurt topped with fresh blueberries and peach and Rosehip meringues made using Easy Whip.

Apple Mojito Meringue

Ingredients

- 300g Apple Juice
- 200g Caster Sugar
- 75g Fresh Lime Juice (approx 2 limes)
- 20g White Rum
- 15g of Special Ingredients Citric Acid
- Zest of 2 Limes
- 1 Drop of Special Ingredients Mint Flavouring Oil
- 3g Special Ingredients Easy Whip®



Method

Combine the apple juice, lime juice, rum and Mint Flavouring Oil in a jug. Separately combine the dry ingredients - the sugar, Citric Acid, Easy Whip and lime zest.

Add the mixed dry ingredients into the liquid in the jug. Blend well until thickened.

Whip this mixture using a stand mixer or with an electric whisk on high for around 10 minutes until the mixture is light, airy and forms stiff peaks.

Spread the mixture thinly onto several non-stick sheets.

Dehydrate at 60°C or place in a low oven at approximately 60°C for 8 hours.

Store the meringue in a sealed airtight container until ready to serve.

Serving Suggestions

Serve shards of the Mojito meringue in a bowl with fresh mint as a refreshing, acidic, palate cleanser at the start of a meal or before dessert.

Coffee Mousse

Ingredients

- 400g Freshly Made Coffee (cooled)
- 150g Sugar
- 5g Cocoa Powder
- Seeds of A Vanilla Pod
- 2g Special Ingredients Easy Whip®



Method:

Combine the dry ingredients - the sugar, cocoa powder, vanilla seeds and Easy Whip.

Blend the dry ingredients into the cooled coffee until the mixture thickens.

Whip this mixture using a stand mixer or with an electric whisk on high for around 10 minutes until the mixture is light and airy and forms stiff peaks.

Store the mousse in the fridge.

Serving Suggestions

Serve as part of a dessert with complimentary flavours. For example, coffee mousse with finely grated dark chocolate, crushed caramelised hazelnuts and a caramel Tuille.

Savoury Beetroot Meringue

Ingredients

- 500g Beetroot Juice
- 80g Special Ingredients Isomalt
- 20g Caster Sugar
- 3g Special Ingredients Easy Whip®
- Black Pepper

Method

Mix the Isomalt, sugar and Easy Whip together.

Mix the dry mixture into the beetroot juice and blend well until the mixture thickens.

Whip the mixture using a stand mixer or with an electric whisk on high for around 10 minutes until the mixture is light and airy and forms stiff peaks.

Pipe this mixture as mini meringues onto a non-stick sheet, then finish with a scattering of fresh ground black pepper.

Dehydrate at 60°C (or in a low oven) for 6-8 hours until crisp and dry.

Store the meringue in a sealed airtight container until ready to serve.

Serving Suggestions

The beetroot meringue works especially well with cheese. Try serving with herbed goats cheese and apple puree, or as part of a savoury dish of your own creation.

For more recipes using Easy Whip® please visit

www.modernrecipes.co.uk/easywhip/

