

Coco macaron, dark chocolate mousse, banana guacamole heart

Recipe for 12 Tapas



Description

Coconut macarons, stuffed with chocolate mousse and banana guacamole

Ingredients

For the macarons

- 55 Gr Almond powder
- 113 Gr Icing sugar
- 60 Gr Egg white
- 25 Gr Unsweetened grated coconut
- 25 Gr Sugar

For the chocolate mousse

- 105 Ml 35% whipping cream
- 65 Gr Dark chocolate

For the banana guacamole

- 105 Gr Avocado
- 8 Ml Lemon juice
- 1 Dash Olive oil
- 1 Unit(s) Banana

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **310 F°**

For the macarons

The day before, split the egg yolks and the whites, keep the yolks in the fridge and the whites at room temp in a closed bucket. Put the icing sugar and the almonds in the food processor and mix it, then pass it through the sieve.

The D-Day, put the whites in the mixer and whip it with a pinch of salt, when nicely whipped add the sugar and continue to whip until firm. Put the meringue in a bowl, add the mix of sugar and almonds and fold it well, finish it by mixing it a little faster.

Put it in a pastry pocket, and poche some circle 4 to 5cm on a baking tray with parchment paper,

spread the coconut on the top, let it dry a little bit at room temp, then cook it in the oven for 12 minutes.

For the chocolate mousse

Melt the chocolate on a bain marie, whip the cream in the mixer. Let the chocolate cool down a little bit, add 1/4 of whipped cream in the chocolate with a whisk, and fold the rest of the cream with a spatula. Put the mousse in a pastry bag with a small socket.

For the banana guacamole

Put all the ingredients in the blender and mix it until smooth.

For the plating

With a pastry bag and a small socket, realize a nice ball of guacamole in the middle of the macaroon shell. Realize a ring of chocolate mousse around the guacamole, put another shell and press lightly by turning the shell.

Bon appétit!