




CARTE D'OR®

Elderly Care recipe inspiration booklet

Carte D'Or
Strawberry Mousse





Why every kitchen needs dessert mixes



Mousse Sundae made with **Carte D'Or** Strawberry and Lemon Mousse – Page 8



Strawberry Eton Mess Tart made with **Carte D'Or** Strawberry Mousse – Page 12

Dear Chef,

Preparing a range of memorable and eye-catching desserts consistently within any kitchen can be a challenge.

The Carte D'Or dessert range is designed to give you the perfect base to create and serve flavour filled desserts your residents are sure to enjoy.

Throughout this guide, discover a selection of easy-to-prepare recipes all created in just a few simple steps.

Kind regards,

Alex Hall, Executive Chef

Controllable

Prepare the precise volumes you need and portion as required

Reliable

Serve up consistently great tasting desserts

Adaptable

Create multiple desserts from one product

1 product can deliver **endless** creations



Ready in

4 simple steps



Our Desserts Range



Product	Strawberry Mousse	Chocolate Mousse	Lemon Mousse	Mango Mousse	Crème Brûlée	Panna Cotta
Yield	5.4L	5.4L	4.1L	4.1L	11.5L	4.5L
Pack size	3x210g	3x240g	3x200g	3x190g	1x1.25kg	2x260g
Portions	36	36	27	27	100	48
Preparation	Just add milk	Just add milk	Just add milk	Just add milk	Just add milk and cream	Just add milk and cream
Product information	Gluten Free	Gluten Free, No artificial colours, flavours or preservatives	No artificial colours, flavours or preservatives	No artificial colours or preservatives	No artificial colours or preservatives	No artificial colours or preservatives



Freedom to create

Easy to prepare powdered
dessert bases

Contents

- 06 Strawberry, Raspberry & Mint Mousse
- 08 Strawberry and Lemon Mousse
- 10 Strawberry Éclairs
- 12 Strawberry Eton Mess Tart
- 14 Strawberry Jammie Biscuit
- 16 Strawberry, Lemon & Mango Mini Chocolate Tarts
- 21 Nutritional information



Strawberry, Raspberry & Mint Mousse

Serves 10

Ingredients

210g	Carte D'Or Strawberry Mousse mix
500ml	Milk
25g	Mint, finely chopped
200g	Raspberries
150g	Strawberries

For the mousse

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 4 minutes at high speed.
3. Add the finely chopped mint and the whole raspberries and whisk for another minute.
4. Transfer the mix to a piping bag and pipe into glasses.
5. Place into the fridge and chill for 2 hours.
6. Before serving, decorate with fresh strawberries and top with a leaf of fresh mint.



Whisk it



Pipe it



Chill it





Strawberry & Lemon Mousse

Serves 10

Ingredients

500ml	Whole milk
100g	Carte D'Or Lemon Mousse mix
105g	Carte D'Or Strawberry Mousse mix
50g	Strawberries
10g	Lemon zest

Method

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Lemon Mousse mix.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Place in a piping bag with a plain nozzle.
4. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
5. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
6. Place in piping bag with a plain nozzle.

To assemble

1. Pipe a layer of lemon mousse into a glass, then repeat with the strawberry mousse.
2. Then pipe a further layer of lemon followed by Strawberry.
3. Place into the fridge and chill for 2 hours.
4. Decorate with thinly sliced strawberries and lemon zest.



Whisk it



Pipe it



Chill it





Strawberry Éclairs

Serves 10

Ingredients

For the éclairs

130ml	Water
110g	Butter
150g	Strong flour
300g	Egg
2g	Salt
5g	Sugar

For the Strawberry filling

250ml	Whole milk
105g	Carte D'Or Strawberry Mousse mix

For the strawberry & lime filling

230ml	Whole milk
105g	Carte D'Or Strawberry Mousse mix
20ml	Lime juice
5g	Lime zest

For the strawberry & elderflower filling

225ml	Whole milk
25ml	Elderflower Cordial
105g	Carte D'Or Strawberry Mousse mix

For the strawberry & mint filling

250ml	Whole milk
105g	Carte D'Or Strawberry Mousse mix
4ml	Peppermint Essence

For the éclairs

1. Place the water and butter in a pan and bring to the boil.
2. Add the strong flour, salt and sugar and beat until the mix leaves the side of the pan.
3. Allow to cool slightly, add the mix to an electric mixer then beat the eggs in slowly until incorporated.
4. Place the mix in a piping bag then pipe the choux mix into 4" long éclairs leaving space between.
5. Place in an oven and bake at 200°C for 20–25 minutes.
6. Place on a cooling rack and allow to cool, then make a small hole with a knife to allow the steam to escape and dry out the éclair.

For the strawberry filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Place in a piping bag with a star tube.

For the strawberry & lime filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix, lime juice and zest.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Place in a piping bag with a star tube.

For the strawberry & elderflower filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix and elderflower cordial.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Place in a piping bag with a star tube.

For the strawberry & mint filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix and peppermint essence.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Place in a piping bag with a star tube.

To assemble

1. Cut the éclairs in half lengthways, and dip the tops in a chocolate glaze so the are evenly coated, place on a wire rack and allow to set.
2. Pipe the mousse fillings into the bases using a wave motion.
3. When the tops have set, place onto the mousse filled base.
4. Decorate.



Whisk it



Pipe it



Chill it





Strawberry Eton Mess Tart

Serves 10

Ingredients

For the meringues

100g	Egg whites
200g	Caster sugar
1ml	Red food colouring

For the sweet pastry tart cases

100g	Butter
50g	Icing sugar
40g	Egg yolk
225g	Plain flour

For the filling

105g	Carte D'Or Strawberry Mousse mix
250ml	Whole milk

To assemble

100g	Strawberries
------	--------------

For the meringues

1. Place the egg whites in a bowl along with the caster sugar over a bain-marie. Whisk the egg white until the sugar is dissolved and the egg whites are at 37°C.
2. Remove from the heat and machine whisk until firm peaks are achieved.
3. Place the red food colouring into a disposable piping bag moving it around inside the bag to create blotches of colour inside the bag.
4. Add in the egg whites and cut a small hole in the base of the bag allowing any excess food colouring to drip from the bag before you start piping.
5. Pipe onto a lined baking tray into small peaks, as the meringue comes through the bag the ripple effect to be created.
6. Bake at 90°C until the meringues are fully cooked.

For the sweet pastry tart cases

1. Cream the butter and icing sugar together until pale in colour.
2. Whisk in the beaten egg yolk until the mix is smooth.
3. Gradually add the flour to the mix until a smooth paste is formed. Do not overwork.
4. Wrap the pastry in cling film, label and refrigerate until required for use, allowing at least one hour to rest.
5. Roll out the pastry between two sheets of baking parchment to 5mm thick.
6. Line the desired tart cases with the pastry and dock the bottom with a fork.
7. Line the cases with baking parchment and fill with baking beans or rice.
8. Bake in the oven at 180°C for 20 minutes, remove from the oven and remove baking beans and parchment.
9. Return to oven for 5 minutes or until cooked.

For the filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Cover until required.

To assemble

1. Take the tart case and fill with the **Carte D'Or** Strawberry Mousse and level off with a pallet knife.
2. Chill for 2 hours in the fridge.
3. Place the fresh strawberry quarters, and meringue kisses in a rough line from bottom right to top right.



Whisk it



Pipe it



Chill it



Cut it





Strawberry Jammie Biscuit Mousse

Serves 10

Ingredients

For the biscuits

120g	Strawberry Jam
250g	Plain flour
200g	Butter
100g	Icing sugar
2g	Salt
100g	Egg Yolk

For the strawberry mousse

210g	Carte D'Or Strawberry Mousse mix
500ml	Whole milk

To assemble

200ml	Strawberry Coulis
-------	-------------------

For the biscuits

1. Pre heat the oven 170°C.
2. Place the jam in a pan and bring to a medium heat, then pass through a sieve, allow to cool and place in a piping bag.
3. Place the flour, butter, icing sugar and salt into a mixing bowl, then with a paddle rub together the mixture until it resembles breadcrumbs.
4. Add the egg yolks and mix until a dough forms.
5. Turn out onto a floured surface and roll between two sheets of baking parchment until approx. 0.5cm thick.
6. Cut out rounds with a cutter.
7. Divide the rounds in half and using a small fluted cutter make a hole in the middle of half of the biscuits.
8. Place on a baking tray and bake for 10-12 minutes, or until golden brown and crisp.
9. Remove from the oven and allow to cool.
10. Pipe the strawberry jam in the centre of the whole biscuits, then place the biscuit with the hole on top.

For the strawberry mousse

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
2. Whisk on a low speed for 2 minutes and then 5 minutes at high speed.
3. Place in a piping bag.

To assemble

1. Pipe some strawberry mousse into the base of the glass, then top with some strawberry coulis. Pipe on some more of the mousse.
2. Chill, allow to set and top with a couple of Jammie Biscuits.



Whisk it



Pipe it



Chill it





Mini Mousse Tarts – Strawberry Mess Tart

Serves 10

Ingredients

For the meringues

100g	Egg whites
200g	Caster sugar
1ml	Red food colouring

For the sweet pastry tart cases

100g	Butter
50g	Icing sugar
40g	Egg yolk
225g	Plain flour

For the filling

105g	Carte D'Or Strawberry Mousse mix
250ml	Whole milk
100g	Strawberries

For the meringues

1. Place the egg whites in a bowl along with the caster sugar over a bain-marie. Whisk the egg whites until the sugar is dissolved and the egg whites are at 37°C.
2. Remove from the heat and whisk in a machine until firm peaks are achieved.
3. Place the red food colouring into a disposable piping bag then move it around inside the bag to create blotches of colour inside the bag.
4. Add in the egg whites and cut a small hole in the base of the bag. Allow any excess food colouring to drip from the bag before you start piping.
5. Pipe onto a lined baking tray into small peaks, as the meringue comes through the bag the ripple effect to be created.
6. Bake at 90°C until the meringues are fully cooked.

For the sweet pastry tart cases

1. Cream the butter and icing sugar together until pale in colour.
2. Whisk in the beaten egg yolk until the mix is smooth.
3. Gradually add the flour to the mix until a smooth paste is formed. Do not overwork at this point.
4. Wrap the pastry in cling film, label and refrigerate until required for use, allowing at least one hour to rest.
5. Roll out the pastry between two sheets of baking parchment to 5mm thick.
6. Line the desired mini tart cases and dock the bottom with a fork.
7. Line the cases with baking parchment and fill with baking beans or rice.
8. Baking in the oven at 180°C for 20 minutes, remove from the oven and remove baking beans and parchment.
9. Return to oven for 5 minutes or until cooked.

For the filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Strawberry Mousse mix.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Cover until required.

To assemble

1. Take the tart cases and fill with the **Carte D'Or** Strawberry Mousse and level off with a pallet knife.
2. Place into the fridge and chill for 2 hours.
3. Before serving garnish the tartlets with strawberries and meringue kisses.



Whisk it



Pipe it



Chill it



Mini Mousse Tarts – Lemon Mousse, Curd & Raspberry Coulis

Serves 10

Ingredients

For the sweet pastry tart cases

100g	Butter
50g	Icing sugar
40g	Egg yolk
225g	Plain flour

For the filling

250ml	Whole milk
100g	Carte D'Or Lemon Mousse mix

To assemble

30g	Lemon curd
100g	Carte D'Or Raspberry Coulis
5g	Ultratex

For the sweet pastry tart cases

1. Cream the butter and icing sugar together until pale in colour.
2. Whisk in the beaten egg yolk until the mix is smooth.
3. Gradually add the flour to the mix until a smooth paste is formed. Do not overwork at this point.
4. Wrap the pastry in cling film, label and refrigerate until required for use, allowing at least one hour to rest.
5. Roll out the pastry between two sheets of baking parchment to 5mm thick.
6. Line the desired mini tart cases dock the bottom with a fork.
7. Line the cases with baking parchment and fill with baking beans or rice.
8. Baking in the oven at 180°C for 20 minutes, remove from the oven and remove baking beans and parchment.
9. Return to oven for 5 minutes or until cooked.

For the filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Lemon Mousse mix.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Cover until required.

To assemble

1. Place the **Carte D'Or** Raspberry Coulis into a bowl and whisk in the ultratex. When smooth place in a squeezezy bottle.
2. Place the lemon curd into a squeezezy bottle.
3. Take the tart cases and fill up with prepared mousse mixed, the level off with a pallet knife.
4. Place into the fridge and chill for 2 hours.
5. Decorate with alternate drops of lemon curd and **Carte D'Or** Raspberry Coulis.



Whisk it



Pipe it



Chill it



CARTE D'OR

Mini Mousse Tarts – Chocolate Coffee Tart

Serves 10

Ingredients

For the sweet pastry tart cases

100g	Butter
50g	Icing sugar
40g	Egg yolk
225g	Plain flour

For the filling

250ml	Whole milk
105g	Carte D'Or Chocolate Mousse mix
10g	Instant coffee
100g	Dark chocolate

For the sweet pastry tart cases

1. Cream the butter and icing sugar together until pale in colour.
2. Whisk in the beaten egg yolk until the mix is smooth.
3. Gradually add the flour to the mix until a smooth paste is formed. Do not overwork at this point.
4. Wrap the pastry in cling film, label and refrigerate until required for use, allowing at least one hour to rest.
5. Roll out the pastry between two sheets of baking parchment to 5mm thick.
6. Line the desired mini tart cases and dock the bottom with a fork.
7. Line the cases with baking parchment and fill with baking beans or rice.
8. Baking in the oven at 180°C for 20 minutes, remove from the oven and remove baking beans and parchment.
9. Return to oven for 5 minutes or until cooked.

For the filling

1. Pour the cold milk into a mixing bowl and add the **Carte D'Or** Chocolate Mousse mix and instant coffee.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Cover until required.

To assemble

1. Take the tart cases and fill with prepared Chocolate & Coffee mousse, then level off with a pallet knife.
2. Take a solid block of chocolate, and drag a large knife carefully towards you to create chocolate shavings.
3. Place into the fridge and chill for 2 hours.
4. Before serving, garnish the tartlets with chocolate shavings.



Whisk it



Pipe it



Chill it



Mini Mousse Tarts – Mango, Coconut & Raspberry Tarts

Serves 10

Ingredients

For the sweet pastry tart cases

100g	Butter
50g	Icing sugar
40g	Egg yolk
225g	Plain flour

For the filling

95g	Carte D'Or Mango Mousse mix
50g	Coconut flakes
100g	Raspberries
10g	Raspberry powder

For the sweet pastry tart cases

1. Cream the butter and icing sugar together until pale in colour.
2. Whisk in the beaten egg yolk until the mix is smooth.
3. Gradually add the flour to the mix until a smooth paste is formed. Do not overwork at this point.
4. Wrap the pastry in cling film, label and refrigerate until required for use, allowing at least one hour to rest.
5. Roll out the pastry between two sheets of baking parchment to 5mm thick.
6. Line the desired mini tart cases and dock the bottom with a fork.
7. Line the cases with baking parchment and fill with baking beans or rice.
8. Baking in the oven at 180°C for 20 minutes, remove from the oven and remove baking beans and parchment.
9. Return to oven for 5 minutes or until cooked.

For the filling

1. Place the **Carte D'Or** Mango Mousse mix into a mixing bowl and add the milk.
2. Whisk with an electric mixer for 2 minutes on a low speed, followed by 5 minutes at high speed.
3. Cover until required.

To assemble

1. Take the tart cases and fill with the prepared Mango mousse, levelling off with a pallet knife.
2. Place into the fridge and chill for 2 hours.
3. Decorate with toasted coconut flakes and fresh raspberries, then dust with raspberry powder.



Whisk it



Pipe it



Chill it



CARTE D'OR

Nutritional Information

Per portion

Strawberry, Raspberry & Mint Mousse

Energy	Fat	Saturates	Sugars	Salt
590kJ 141kcal	5.4g	4.3g	17.8g	0.1g
7%	8%	22%	20%	1%

Strawberry & Lemon Mousse

Energy	Fat	Saturates	Sugars	Salt
2404kJ 130kcal	5.3g	4.2g	15.3g	0.09g
6%	8%	21%	17%	2%

Strawberry Éclairs

Energy	Fat	Saturates	Sugars	Salt
2404kJ 575kcal	28g	18.5g	64g	0.38g
29%	40%	93%	71%	6%

Strawberry Eton Mess Tart

Energy	Fat	Saturates	Sugars	Salt
1423kJ 339kcal	12.5g	7.8g	35g	0.3g
17%	18%	39%	39%	4%

Strawberry Jammie Biscuit Mousse

Energy	Fat	Saturates	Sugars	Salt
1653kJ 393kcal	20.6g	13g	28.1g	0.6g
20%	29%	65%	31%	10%

Strawberry, Lemon, Mango & chocolate Mini Mousse Tarts

Energy	Fat	Saturates	Sugars	Salt
1251kJ 299kcal	13.9g	8.9g	21g	0.2g
15%	20%	44%	23%	4%

Each portion contains on average

Endless options for your menu

Easy-to-prepare powdered dessert bases that give you the freedom to create


CARTE D'OR®

