



WHITE ASPARAGUS MOUSSE WITH CHICKEN AND MUSHROOM SALAD



QimiQ BENEFITS

- Quick and simple preparation
- Longer shelf life without loss of quality



25



easy

INGREDIENTS FOR 10 PORTIONS

FOR THE MOUSSE

450 g QimiQ Classic, room temperature

450 g White asparagus, peeled

3 ml Lemon juice

Salt

White pepper, ground

Nutmeg, ground

400 g Green asparagus, sliced

FOR THE DRESSING

90 ml Olive oil

15 ml Soy sauce

75 ml Lemon juice

Parsley, minced

Salt and pepper

FOR THE MUSHROOM SALAD

450 g Mushrooms

15 g Red onion(s), finely chopped

15 g Butter

Parsley, finely chopped

Salt and pepper

1000 g Chicken breast fillet

METHOD

1. For the mousse, whisk QimiQ Classic smooth. Steam the white asparagus until tender and blend smooth.
2. Add the QimiQ Classic and seasoning to the white asparagus and mix well. Pour into a caterpillar flexipan mold and chill for at least 4 hours (preferably over night).
3. Slice the green asparagus into thin slices and blanch in salted water. Shock chill in iced water to retain the color, pat dry and place on plastic wrap. Cut to shape, flip onto a plate and remove the plastic. Arrange the mousse on the asparagus.
4. For the dressing, blend the ingredients together until smooth.
5. For the salad, sauté the mushrooms and onion in butter. Add the seasoning, toss in the dressing and put to one side.
6. Cook the chicken breasts, slice and arrange with the salad and mousse on a plate. Serve decorated with blanched green asparagus, micro greens and fresh thyme.