



JOHNSON & WALES
U N I V E R S I T Y

FRLA ProStart Teacher Training

- Olive Oil Chocolate Mousse -
- Almond Lace Cookie -
- Graham Cookie Base -
- Fluid Gel -
- Foam -



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Olive Oil Chocolate Mousse

Quantity	Ingredient
5.5 ounces	Dark Chocolate
1 ounce	Olive Oil
8 ounces	Heavy Cream

1. Gather all ingredients needed for recipe.
2. Melt the chocolate with olive oil over a double boiler. Be sure the heat is not too high that it burns the chocolate. Also be careful with not letting any water touch the chocolate- it will seize.
3. Whip the heavy cream to a soft peak.
4. Mix a small amount of whipped cream into the tempered chocolate. Pour this mix into the remaining whipped cream and fold in gently making sure everything is well incorporated. Be sure to not overmix!
5. Use as desired.



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Almond Lace Cookie

Quantity	Ingredient
4 ounces	Butter, softened
4 ounces	Granulated Sugar
4 ounces	All Purpose Flour
4 ounces	Corn Syrup
4 ounces	Almonds, sliced
Pinch	Salt

1. Gather all ingredients needed for recipe. Preheat the oven to 350 F
2. Combine all ingredients in a food processor.
3. Mix until well combined.
4. Transfer the dough to a plastic bag and chill until hardened.
5. Shape the dough into small balls and place on a **flat** sheet pan with a **silpat**.
6. Bake for about 12 minutes or until golden brown.



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Graham Cookie Base

Quantity	Ingredient
8 ounces	Butter, softened
5 ounces	Granulated Sugar
4 ounces	Bread Flour
8 ounces	Graham Cracker, crumbled
1 each	Egg
¼ teaspoon	Baking Powder

1. Gather all ingredients needed for recipe. Preheat the oven to 350 F.
2. Combine all dry ingredients in a food processor.
3. Mix until well combined.
4. Add egg and mix until well combined.
7. Spread dough on a **flat** sheet pan with a **silpat**.
5. Bake for about 12 minutes or until golden brown.



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Fluid Gel

Quantity	Ingredient
25 grams	Puree
40 grams	Granulated Sugar
2 grams	Agar Agar

1. Gather all ingredients needed for recipe.
2. Place all ingredients in a pot and bring to boil.
3. Refrigerate until the mixture has set.
4. Transfer to blender and blend. Adjust to desired consistency by adding additional puree.
5. Use as needed.

NOTE: amount of sugar needed for this recipe may be more or less than stated on recipe depending on sugar content of puree.



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Foam

Quantity	Ingredient
340 grams	Puree
32 grams	Granulated Sugar
7 grams	Versa Whip
3 grams	Xanthan Gum

1. Gather all ingredients needed for recipe.
2. Combine sugar, versa whip and xanthan gum in a bowl. Mix until well combined.
3. In a mixer, combine the puree and dry mixture. Whip until a thick and silky texture is achieved.
4. Use as needed.