



Culinary Institute  
of America

# Pastry Boot Camp

Day 4: Aerated Desserts



# Learning Objectives

- Identify the main types of aerated desserts.
- List the key ingredients used in mousse.
- Understand the role and applications of gelatin.
- Recognize how firmness levels affect whipped cream in various preparations.
- Identify the components of Bavarian cream.
- Follow the step-by-step method for preparing Bavarian cream.

# Common Types of Aerated Desserts

## Cream-based:

- Whipped cream
- Whipped ganache
- Buttercream
- Diplomat cream (pastry cream + whipped cream + gelatin)
- Lightened pastry cream
- Lightened fruit curd



## Egg-based:

- Mousse (can also be cream or chocolate based)
- Bavarian cream (crème anglaise + gelatin + whipped cream)
- Chiboust cream (pastry cream + meringue + gelatin)



# Basic Mousse Ingredients

## Base flavor

chocolate, fruit puree,  
crème anglaise, curd

## Lightener

Usually whipped cream  
and/or meringue

## Stabilizer

(optional but common)  
Gelatin helps set the  
mousse and improve  
structure



# Making Mousse: Methods & Variations



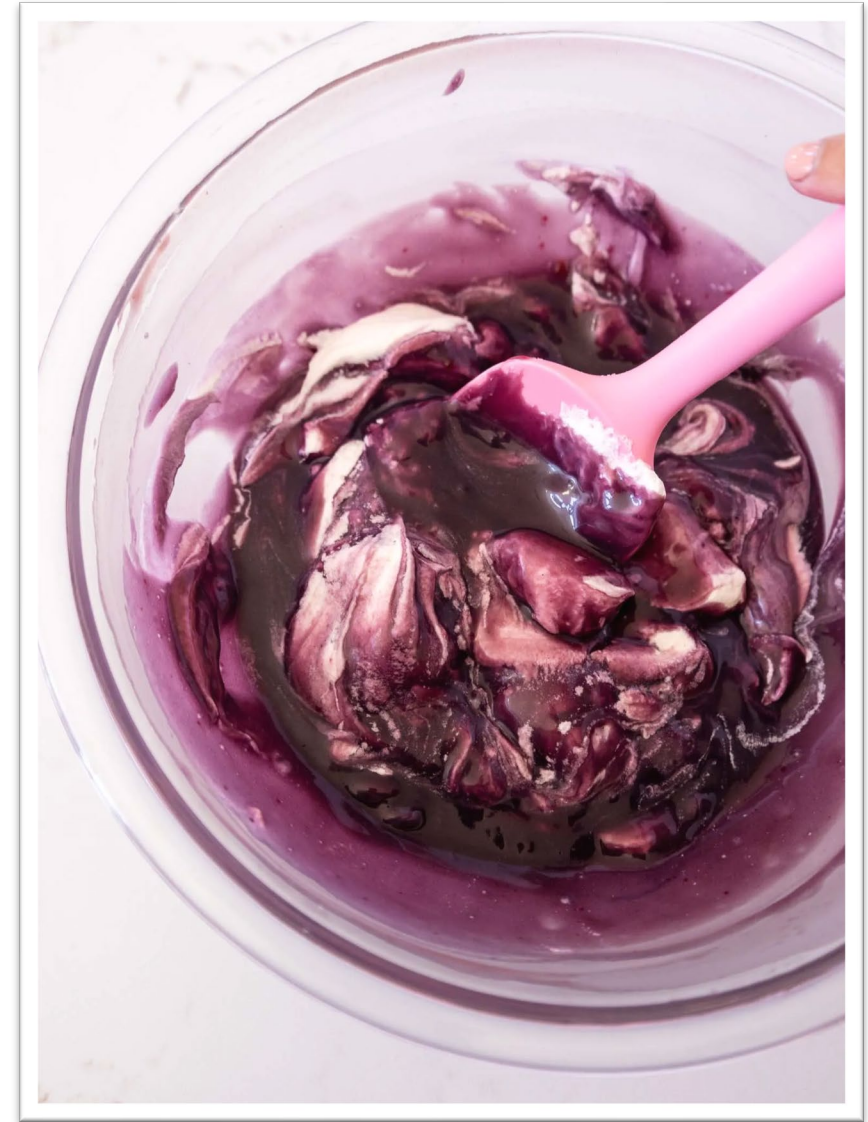
## Egg-based mousse

- Use whipped egg whites (meringue) or ***pâte à bombe*** (whipped cooked egg yolks + sugar syrup)
- Create a light, airy texture with rich flavor
- Often stabilized with gelatin
- Required attention to food safety (use pasteurized eggs or cook to safe temps)

# Making Mousse: Methods & Variations

## Egg-free mousses

- Rely on whipped cream alone for lightness
- Tend to be lighter in flavor and color
- Easier and quicker to make, no cooking needed
- Gelatin often used for structure



# What is a Pâte à Bombe?

A classic mousse base made by whipping hot sugar syrup into egg yolks



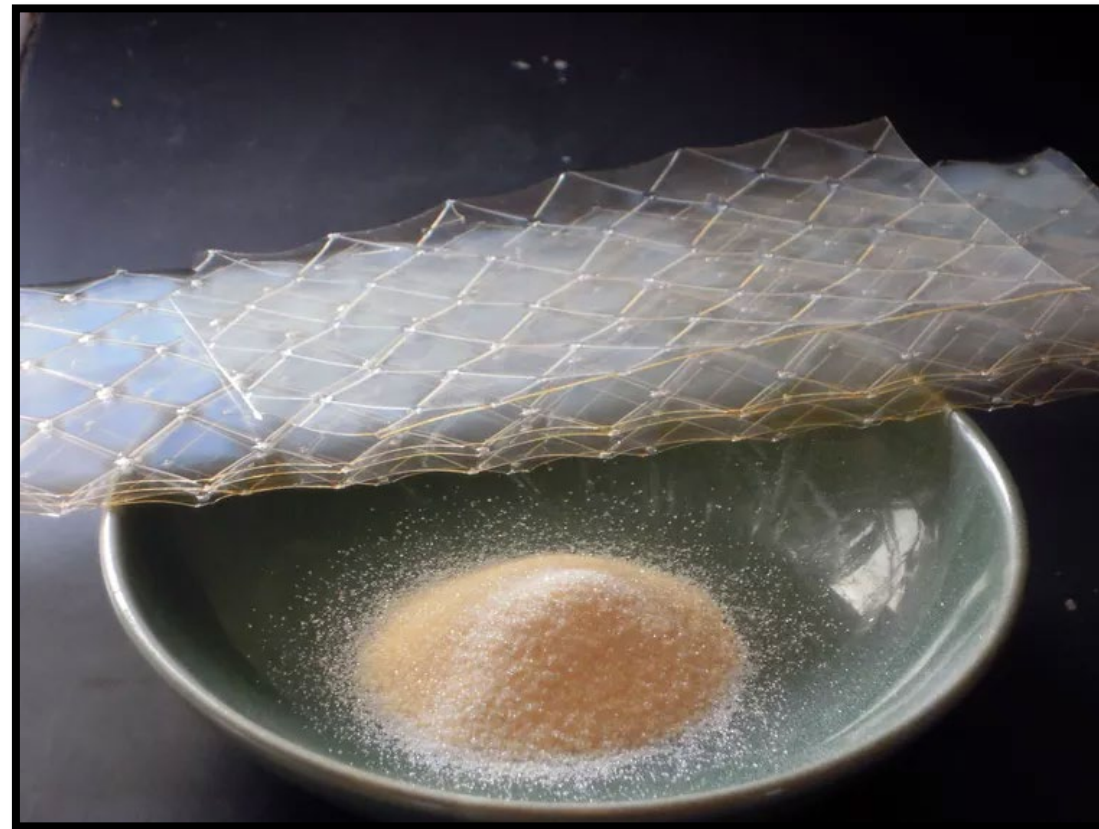
- Creates a stable, fluffy foam with a smooth texture
- Often used for chocolate mousse or other rich flavors

# What is Gelatin?

A colorless, flavorless protein used to thicken and stabilize

## **Comes in 2 forms:**

- Powdered gelatin
- Sheet (leaf) gelatin



# How to Use Gelatin – Basic Steps

## 1. Bloom

- Soak powdered gelatin in cold water
- For sheet gelatin, soak in cold water until soft

## 2. Dissolve

- Warm gently (do not boil) to fully melt gelatin
- Stir into warm base

## 3. Cool slightly before folding

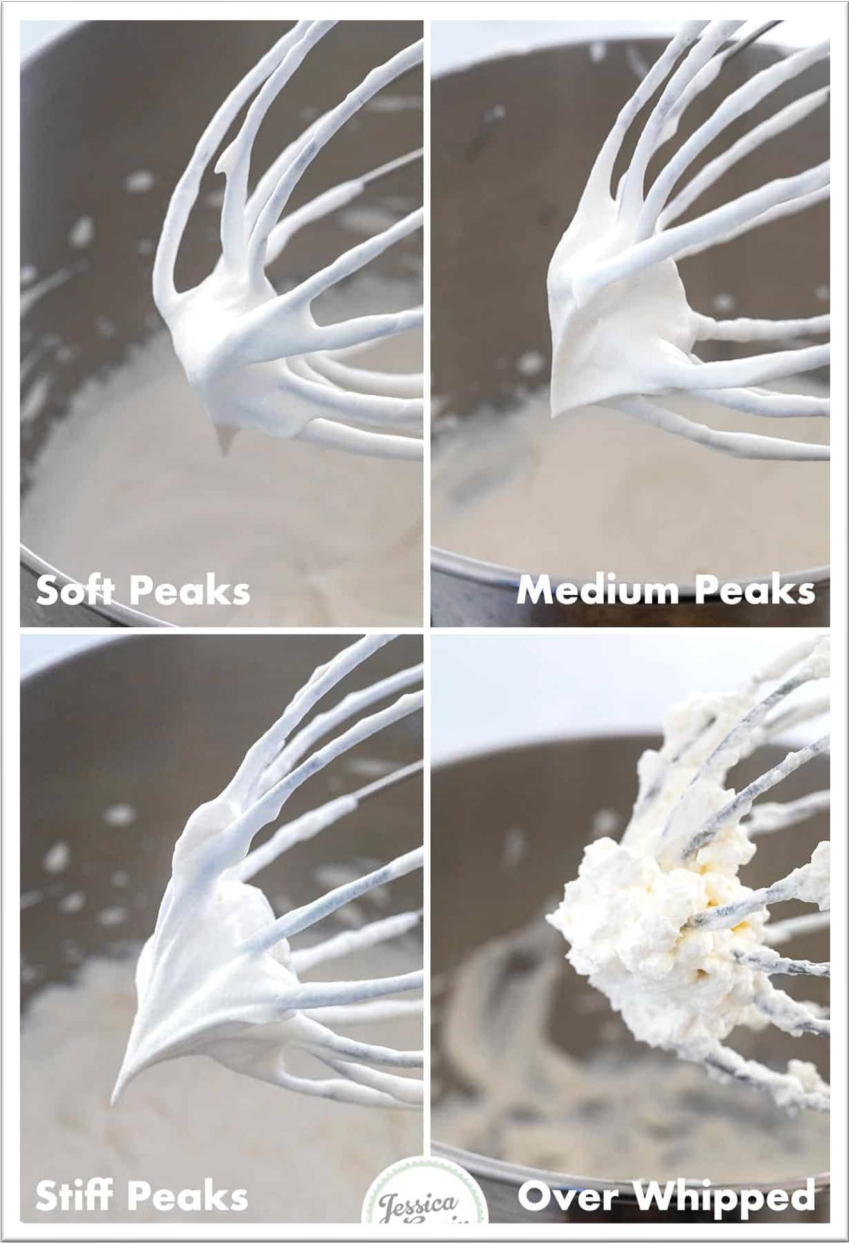
- Let gelatin base cool to room temp before folding into whipped cream or meringue

# Whipped Cream Firmness

- 1. Soft peaks** – light and barely holds shape
  - Blends easily without deflating the structure

- 2. Medium peaks** – holds shape but tips curl slightly
  - Balanced structure – stable yet creamy

- 3. Stiff peaks** – firm with sharp tips that stand straight
  - Holds up well but can feel heavier or slightly grainy if overwhipped



# Components of Bavarian Cream

- **Crème anglaise:** a classic stirred custard made with egg yolks, sugar, and milk

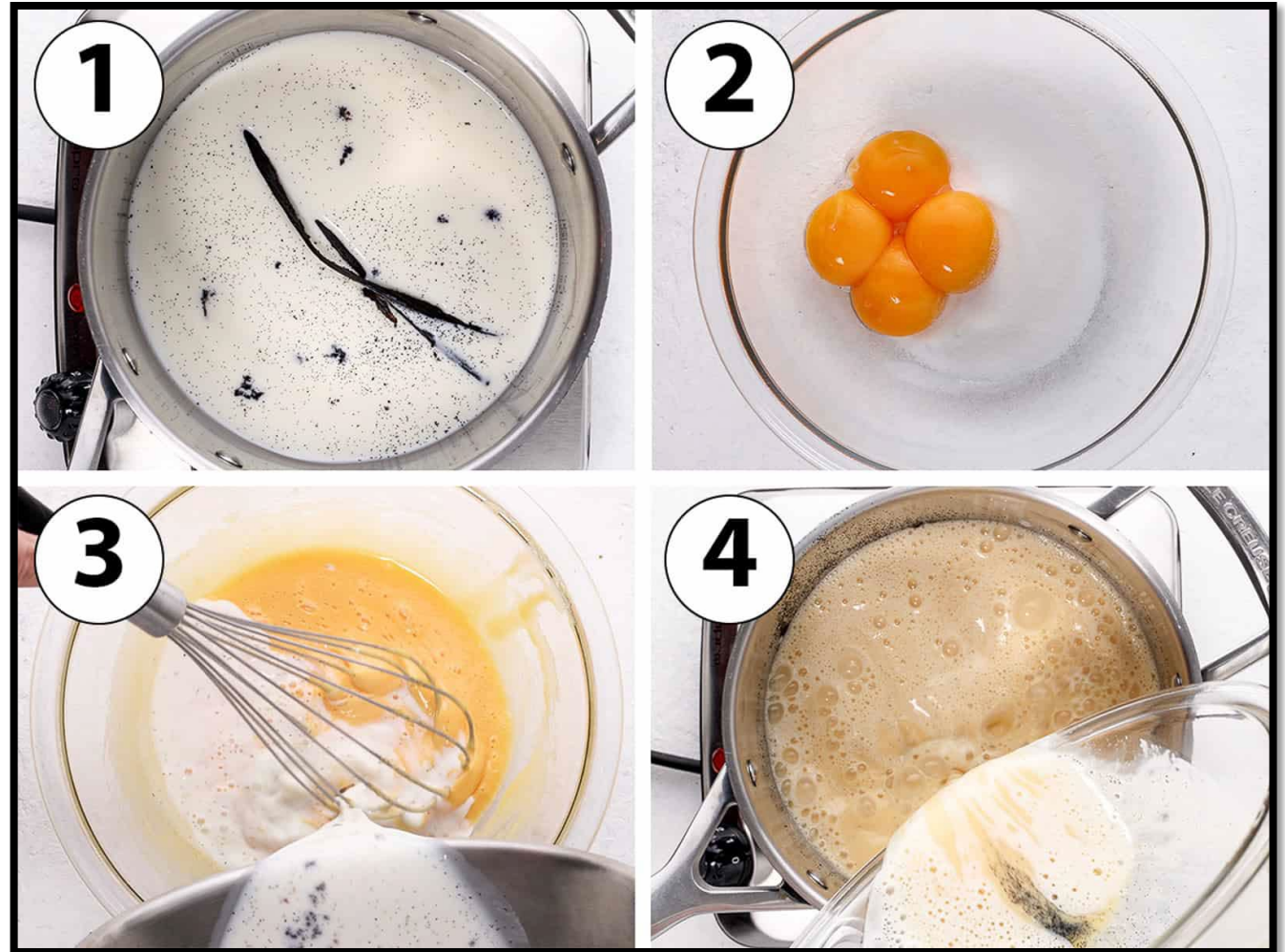
- **Whipped cream:** lightens the texture and add air for smooth, mousse like consistency

- **Gelatin:** used to stabilize and set the cream



# How to Make Bavarian Cream

1. Make crème anglaise
2. Bloom gelatin
3. Cool the base
4. Fold in whipped cream
5. Set in molds







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Any Questions?