



Apple sorbet with yoghurt mousse



To prepare the yoghurt mousse

Combine the yoghurt, crème fraîche, icing sugar and lime to form a smooth mixture. Soak the gelatine in cold water for approx. 2 mins. Warm one third of the yoghurt mixture, dissolve the gelatine in it and add to the cold mixture. Carefully fold in the whipped cream and transfer to the desired mould.

To prepare the yoghurt cream

Leave the yoghurt to hang overnight in a tea towel. Combine the hung yoghurt with the icing sugar and mix thoroughly again using a stick blender. Transfer to a squirt bottle.

To prepare the oat crumble

Combine thoroughly and bake at 180 °C until golden brown.

Rezept für 4

Ingredients for the yoghurt mousse

200 g yoghurt
200 g crème fraîche
80 g icing sugar
½ lime (zest and juice)
4 ½ sheets gelatine
200 g cream

Ingredients for the yoghurt cream

200 g yoghurt
20 g icing sugar

Ingredients for the oat crumble

70 g rolled oats
30 g flour
75 g butter
100 g sugar

Ingredients for the apple juice

5 Pink Lady apples
12 g sugar
2 g xanthan gum

Ingredients for the dill oil

300 g oil
100 g dill
50 g spinach leaves

Ingredients for the yoghurt crisp

50 g Yopol
250 g yoghurt
140 g isomalt
25 g glucose powder



To prepare the apple juice

Juice the apples. Bring the juice to the boil to dissolve the sediment. Pour through a very fine sieve and mix the sugar and xanthan gum into the warm mixture. Leave the apple juice to cool and vacuum-seal three times in a container.

To prepare the dill oil

To make the dill oil, blend all of the ingredients in the Thermomix at 80 °C until smooth and cool as quickly as possible over an ice bath while stirring continuously. Pass the cold mixture through a fine sieve and chill (ideally overnight) in a tall container so that the liquid settles at the bottom. You can then skim the clear green oil off the top.

To prepare the yoghurt crisp

Heat the yoghurt, isomalt and glucose powder to 60 °C in the Thermomix. Leave to cool. Mix the Yopol into the cold yoghurt mixture. Spread the mixture very thinly over a silicone baking mat and bake in the oven at 160 °C until golden brown.

To prepare the apple sorbet

Mix the stabilizer with the sugar and bring to the boil with the glucose, mineral water, white wine and Berentzen. Dissolve the gelatine and add the remaining ingredients, season to taste.

Ingredients for the apple sorbet

600 g Granny Smith juice
150 g mineral water
75 g white wine
100 g Berentzen
4 lemons (juiced)
100 g glucose powder
2 g stabilizer
½ sheet gelatine
30 g sugar