

## Tropical Coconut Mango Pineapple Dessert: Mousse, Compote & Sorbet

Prepare to be transported to a tropical paradise with this incredible



**OVEN**  
**350°F**

**TIME**  
**5 min**

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**SAVE**  
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### INGREDIENTS

- 300g coconut milk (full-fat)
- 60g granulated sugar
- 15g powdered gelatin
- 60ml cold water
- 1 teaspoon vanilla extract
- 300g heavy whipping cream
- 30g granulated sugar
- 250g Passion fruit pulp with seeds
- 80g Caster sugar
- 10g Lemon juice
- 10g Cornstarch (optional, with 15g water)
- 150g plain flour
- 75g cold unsalted butter, cubed
- 75g granulated sugar
- 600g ripe pineapple, peeled, cored, and chopped
- 150g granulated sugar
- 50g water
- 15ml lemon juice
- 250g fresh pineapple, diced
- 250g fresh mango, diced
- 50g granulated sugar
- 1 tablespoon lime juice
- 1 tablespoon lemon juice

#### Swaps and Notes:

Coconut Milk (Mousse): Full-fat coconut milk from a can is essential for richness. Chill it overnight

to easily separate the thick cream from the liquid.

**Gelatin (Mousse):** Powdered gelatin is crucial for the mousse's set. Ensure it's bloomed properly.

**Passion Fruit Pulp:** Fresh passion fruit is ideal. If using frozen pulp, ensure it's unsweetened or adjust sugar accordingly. The seeds add texture and a unique appearance.

**Cornstarch (Passion Fruit Sauce):** Optional, but highly recommended if you prefer a thicker, more spoonable sauce.

**Crumble Butter:** Ensure butter is cold and cubed for a proper crumbly texture.

**Pineapple (Sorbet):** Use very ripe pineapple for the best flavor.

**Mango & Pineapple (Compote):** Fresh, ripe mangoes (like Alphonso, Ataulfo, or Honey mangoes) and sweet pineapple are key for a vibrant compote. Adjust sugar based on fruit sweetness.

**Lime/Lemon Juice (Compote):** Freshly squeezed juices brighten the fruit flavors.

## DIRECTIONS

1. Let's craft this multi-layered tropical dessert!
2. **Coconut Cream Mousse Mixture: Bloom the Gelatin:** In a small bowl, sprinkle the 15g of powdered gelatin evenly over the 60ml of cold water. Let it sit undisturbed for about 5 minutes. The gelatin will absorb the water and soften (bloom), becoming jelly-like.
3. **Heat the : Coconut Milk:** In a small saucepan, combine the 300g of full-fat coconut milk and 60g of granulated sugar. Heat this mixture over medium heat, stirring occasionally, just until the sugar completely dissolves. Do not bring it to a boil.
4. **Add the : Gelatin:** Remove the saucepan from the heat. Add the bloomed gelatin to the warm coconut milk mixture. Stir gently but continuously until the gelatin is completely dissolved and no granules remain.
5. **Chill the : Mixture:** Transfer the coconut mixture to a clean bowl. Let it cool down to room temperature. Then, place it in the refrigerator and chill until it's slightly thickened, similar to a runny pudding, about 30 minutes. It should not be fully set.
6. **Whip the : Cream:** In a large, separate bowl, combine the 300g of heavy whipping cream and 30g of granulated sugar. Using an electric mixer (with a whisk attachment if you have one), whip the cream until stiff peaks form. Be careful not to over- whip.
7. **Combine the : Mixtures:** Gently fold the chilled (but still liquid) coconut-gelatin mixture into the whipped cream in three additions. Use a rubber spatula and fold carefully from bottom to top until the mixtures are just combined and no streaks remain. Overmixing

will deflate the mousse.

8. **Chill and : Serve:** Transfer the mousse to a serving dish, individual glasses, or molds. Chill in the refrigerator for at least 2 hours, or preferably overnight, until it is fully set.
9. **Passion Fruit Sauce: Combine Ingredients:** In a small saucepan, combine the 250g passion fruit pulp with seeds, 80g caster sugar, and 10g lemon juice.
10. **Prepare : Cornstarch Slurry (Optional):** If using cornstarch for a thicker sauce, in a tiny bowl, whisk 10g cornstarch with 15g cold water to form a smooth slurry.
11. **Cook the : Sauce:** Heat the mixture in the saucepan over medium heat, stirring constantly. If using the cornstarch slurry, whisk it into the saucepan after the sugar has dissolved. Continue stirring until the mixture comes to a boil. Reduce the heat to low and simmer for 1-2 minutes, stirring, until it reaches your desired consistency (thicker with cornstarch, thinner without). Remove from heat and let cool.
12. **For the Crumble: Combine Ingredients:** In a large bowl, combine the 150g plain flour, 75g granulated sugar, and the 75g of cold, cubed unsalted butter.
13. **Form : Crumbles:** Using your fingertips, a pastry blender, or a food processor, work the butter into the flour and sugar mixture until it resembles coarse crumbs.
14. **Bake:** Spread the crumble evenly on a baking sheet lined with parchment paper. Bake in a preheated oven (usually 350°F/175°C, or consult recipe's main oven temp if provided) for 10-15 minutes, or until golden brown and crispy. Let cool completely.
15. **Pineapple Sorbet: Prepare Simple Syrup:** In a small saucepan, combine 150g granulated sugar and 50g water. Heat over medium heat, stirring until the sugar dissolves completely. Remove from heat and let cool completely.
16. **Blend : Pineapple:** In a blender, combine the 600g ripe pineapple (peeled, cored, chopped) and the cooled simple syrup. Add 15ml lemon juice. Blend until very smooth.
17. **Churn (if using ice cream maker):** Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until frozen and creamy.
18. **Freeze (if no ice cream maker):** Pour the mixture into a shallow freezer-safe container. Freeze for 2-3 hours, then scrape with a fork to break up ice crystals. Repeat every hour until fully frozen and scoopable.
19. **Mango Pineapple Compote (Layer with the Mousse): Combine & Simmer:** In a saucepan, combine the 250g fresh pineapple (diced), 250g fresh mango (diced), 50g granulated sugar, 1 tablespoon lime juice, and 1 tablespoon lemon juice.
20. **Cook : Compote:** Heat the mixture over medium heat. Bring to a gentle simmer and cook for 10-15 minutes, stirring occasionally, until the fruit softens and the mixture thickens slightly. The fruit should still hold some of its shape. Remove from heat and let cool completely.

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**Passion Fruit Pulp:** Fresh passion fruit is ideal.

### TIPS FOR SUCCESS

**Accurate Measurements:** For precision baking, especially with gelatin and sorbet, using a kitchen scale for grams is highly recommended.

**Gelatin Blooming:** Ensure your gelatin blooms properly in cold water before adding it to warm liquid.

**Cool Mousse Base:** The coconut milk-gelatin mixture must be cool but still liquid before folding into whipped cream, otherwise, it will deflate the cream.

**Cold Whipping Cream:** Start with very cold heavy cream and a chilled bowl/whisk for the best whipped cream results.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tropical-coconut-mango-pineapple-dessert-mousse-compote-sorbet/>