Raspberry Rose Cream Heart Mold

One raspberry-rose cream heart, about 3 cups (750 ml); 8 small dessert portions · Active 45 min · Total 11 hr 30 min

Ingredients

- 10½ oz frozen raspberries (300 g)
- ¼ cup drinking water (60 ml), for berries; extra only to bring strained purée to 240 ml if short
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml), for gelatin
- ¾ cup pasteurized whole milk (180 ml), divided
- ¾ cup pasteurized heavy cream (180 ml), kept cold
- ¼ cup granulated sugar (50 g)
- ¼ teaspoon food-grade culinary rose water (1.25 ml)
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Berry saucepan, Fine sieve and spoon, Small gelatin saucepan, Mixing bowl and whisk, Scale and measuring jug, Food-safe metal heart mold of at least 1-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Simmer frozen raspberries with 60 ml cooking water until bubbling throughout, then simmer 5 minutes or follow longer packet heating. Press through fine sieve, discard seeds and measure 240 ml purée; top up only if short and chill extra separately. Refrigerate measured purée until cold. Check heart mold capacity, dry and oil lightly.

2. Bloom gelatin over 90 ml cold water in saucepan 5–10 minutes. Add 90 ml milk and sugar and warm gently while stirring until dissolved, about 120–140°F (50–60°C); remove before boiling. Whisk cold purée, remaining 90 ml milk and cold cream in mixing bowl.

3. Temper warm gelatin gradually with 3 tablespoons cold base. When smooth and lukewarm, whisk back into remaining cold mixture, then stir in measured culinary rose water. Pour into heart with at least ½ inch (1.25 cm) headroom; refrigerate excess separately.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 11½ hours total including berry cooking/cooling. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 8 small dessert portions.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Read dairy, rose-water, berry and gelatin labels. Food-grade rose water is essential; cosmetic products are unsuitable.

A useful detail

Measured raspberry purée 240 ml, water 90 ml, milk 180 ml and cream 180 ml total 690 ml before 50 g sugar and gelatin. Estimated finished volume 750 ml allows ordinary fruit/dairy variation. Fourteen grams gelatin supports a firm heart without a separate decorative shell.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water. Extra cooked berry purée is chilled promptly separately and used within 2 days.