

Romeu e Julieta

From Nelson's Kitchen
Print

In the 1970's Mauricio de Sousa, the most successful Brazilian cartoonist responsible for "Turma da Monica" was hired to create a publicity campaign for "Goiabada da CICA." Goiabada is a sweet guava paste that is popular in Brazil. The campaign featured the pairing of the very sweet goiabada with a salty fresh cheese. Mauricio's idea was to call the sweet Goiabada "Julieta" and the salty cheese "Romeu". The dessert "Romeu e Julieta" was popularized and is still know by this name all over Brazil. Here we work on a reinterpretation from the glitztv website ¹ based on mascarpone cheese.

Ingredients:

- 200 grams of goiabada
- 200 ml of water
- 200 grams of mascarpone cheese
- 200 grams of heavy cream
- 1 large pinch of salt
- toasted almond slivers for decoration

Procedure:

1. Preparing the goiabada

- Cut the goiabada in small cubes and put in a medium size heavy-bottom saucepan.
- Add 200 ml of water.
- Cook over slow heat stirring from time to time until you obtain a thick sirupy and homogeneous paste.
- Let it cool to room temperature.

2. Toast the slivered almonds

- Toast the slivered almonds in a 300 F oven watching frequently so that they turn a golden colour but do not become bitter.

3. Prepare the mousse

- Put the mascarpone cheese, the heavy cream, and the salt in the bowl of a standing mixer.
- Mix to a mousse consistency.
- Taste for salt, the cheese mousse should be lightly salty to contrast with the sweet goiabada.

4. Serve

- Serve in martini glasses with the goiabada in the bottom of the glass and a large spoon of the mousse floating on it.
- Decorate with the toasted slivered almonds.

¹<http://www.glitztv.com.br/noticias-br/romeu-e-julieta-ganha-versao-com-queijo-mascarpone/>