

Mixed Berry Mousse

Makes 2 servings.

Recipe can be tripled to serve 6.

Cooking Principles – puree, gelatin, whipping, folding

Equipment: hand mixer, food processor, custard cup, measuring equipment, mixing bowl, rubber spatula



Ingredients:

- 100 ml berries – fresh or dry-packed frozen
- 20 ml cold water
- 1/3 package unflavoured gelatin = 4 ml
- 20 ml boiling water
- 25 ml sugar
- 125 ml heavy cream

1. Wash and remove the stems from any fresh berries. Thaw and drain any frozen berries.
2. Pour the cold water into a custard cup and sprinkle with the gelatin. Let stand for 2 minutes. Pour the boiling water over the gelatin mixture and stir until dissolved.
3. Place the gelatin mixture, the berries and the sugar into the bowl of a food processor and puree until smooth.
4. In a high-sided mixing bowl, whip the cream with a hand mixer until it forms soft peaks.
5. Pour the strawberry mixture over the whipped cream and gently fold the ingredients together.
6. Spoon the mixture into serving cups, cover, and refrigerate for at least 3 hours.