

Lemon Mousse

Ingredients:

- 300ml Double Cream
- 100g Caster Sugar
- 90ml Lemon Juice
- 15ml Gelatine
- 3 Eggs (Separated)
- Grated rind of 3 Lemons
- Fresh Fruit for Decoration



Please bring a dish to set your lemon mousse in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Separate each egg into a separate small bowl.
3. Remove the rind from lemons and juice.
4. Into a glass bowl, place the lemon rind, juice, caster sugar and egg yolks.
5. Fill a saucepan 1/3rd full with water and place at the front of the hob. Place glass bowl on top (Bain-marie). Turn on heat.
6. Whisk the mixture over the hot water until thick. Using oven gloves, remove the glass brown from the heat, place on a pan stand and whisk until cool.
7. Sprinkle the gelatine into another glass bowl. Add 45ml of cold water and leave to soak. Place the glass bowl over a saucepan of simmering water and stir until dissolved.
8. Stir the dissolved gelatine mixture into the mousse mixture and chill.
9. Place the cream in a glass bowl. Lightly whip the cream using an electric whisk until the cream just holds its shape. Wash the beaters.
10. In a glass bowl, whisk the egg whites with an electric whisk until stiff. You should be able to turn the bowl upside down without the egg whites moving.
11. Fold half the cream into the mousse with a metal tablespoon spoon and then the egg whites until evenly blended.
12. Pour into a dish and level the surface. Chill in the fridge for at least 4 hours until set.
13. Decorate the mousse with the remaining cream and the fresh fruit.

