

## Fruit Mousse



Bring a traditional straight sided soufflé dish, or 4-5 ramekin dishes

### Ingredients

- Finely grated rind and juice of 2 lemons, limes or oranges
- **OR**  
250g / 8oz soft fruit e.g. raspberries, blackberries, redcurrants, tinned peaches or apricots, pureed in a processor, then sieved to remove pips
- 2 eggs, separated
- 75g / 3oz caster sugar
- 1 sachet powdered gelatine
- 4 tablespoons water (or lemon juice)
- 300ml / ½ pint whipping cream

### To decorate (optional)

Whipped cream, fruit or chopped nuts

### Method

1. Put lemon rind or fruit puree in a bowl with egg yolks and sugar. Whisk until creamy. (Save some fruit for decoration if desired)
2. Put lemon juice or water in a jug. Sprinkle in the gelatine and leave to soak 2-3 minutes.
3. Whip cream until thick and floppy.
4. Dissolve gelatine using the microwave for approx. 20 – 30 seconds.
5. Stir dissolved gelatine into the fruit/egg mixture, then fold in the whipped cream.
6. Using clean beaters, whisk egg whites in a large bowl until they stand in peaks. Fold into the fruit mixture using a large metal spoon.
7. Spoon into dishes, chill until set, then decorate with fruit and piped cream.

Serve with crisp biscuits for a contrast in texture

