

Lemon mousse: Serves 4

Ingredients

- 2 eggs
- 125g caster sugar
- 2 lemons
- 2 tbsp cold water
- 1 sachet gelatine
- 150ml greek yogurt

4 small dessert dishes or 1 large dish

Method

1. Separate the egg whites from the egg yolks using a saucer and egg cup.
2. Wash, zest and juice the lemons. Include some thicker zest for decorating.
3. Using an electric whisk, whisk together the egg yolks, sugar, lemon zest and juice until the sugar has dissolved and the mixture has thickened a little.
4. Place the cold water into a saucepan, sprinkle in the gelatine and place over a gentle heat, without stirring, until the gelatine has melted. Remove from the heat and leave to cool slightly.
5. In a separate bowl, lightly whip the cream until soft peaks form when the whisk is removed. Do not overwhisk.
6. Stir the melted gelatine into the cream and fold into the egg yolk mixture.
7. Whisk the egg whites in a clean separate bowl with an electric hand whisk until soft peaks form when the whisk is removed.
8. Gently fold the whipped egg whites into the egg yolk mixture with a metal spoon. Stir the mixture until it begins to thicken, then pour into a serving bowl and refrigerate for one hour, or until set.
9. Serve with a little extra lemon zest to decorate



The Spanish first invented mousse recipes with both sweet and savoury varieties such as fish mousses. This deliciously light dessert is low in fat and full of vitamin C. However it contains raw egg so must be made and stored very carefully to avoid bacteria growing into the mousse before it is eaten.

Recipe developments:

Replace the zest and juice of 2 lemons with 150g fruit compote eg raspberries, blackberries, gooseberries or rhubarb
 Replace greek yogurt with custard for a creamier more vanilla flavour
 Stir extra soft fruits in the final mousse eg blueberries, to increase the portion of fruit for 5 a day

Safety:

This dish is high risk for food poisoning due to the raw egg. To keep food safe to eat the following rules are extremely important:

When buying eggs and yogurt check will not expire before use.

Store eggs and yogurt in the until needed.

When preparing mousse wash before handling any food.

When preparing check all is clean before using.

Mousses must be cooled and within 2 hours of preparing.

Mousses should be kept in the until they are eaten.

Mousses should be eaten within 24

Evaluation:

Storage instructions

| Rating: (Circle) | Suitability for cafe | Likes/ Dislikes | Improvements |
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