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Mango and Strawberry Mousse



Ingredients

1 cup mango – chopped in pieces
1 cup strawberries – halved
2 tsp gelatin granules
3 1/2 cup white sugar
1 1/4 cup heavy cream
3 egg whites – whisked
Save some of the cut fruit for garnishing
Whipped cream for the topping

Preparation

- 1 Keeping some strawberries and mango aside, take the rest and purée them in a blender with 1/4 cup sugar.
- 2 Mix well and then add 4 tbsp double cream to the purée.
- 3 Allow the purée to come to boil over a low heat.
- 4 After that remove the purée from the heat and leave it to cool.
- 5 Add 2 tsp of the gelatin granules to warm water in a bowl, and stir until dissolved.
- 6 Mix in the gelatin mixture in the purée while it is still warm.
- 7 Wait till it completely blends into the mixture.
- 8 Stir well and leave purée/gelatin mixture to cool.
- 9 Beat and whisk the rest of the heavy cream until soft peaks form.
- 10 Incorporate and fold the purée into the whipped cream bit by bit.
- 11 Then whisk in the egg whites till peaks start to form.
- 12 Thereafter, slowly add the rest of the sugar while whisking, until stiff peaks form.
- 13 Now, slowly and gently weave the beaten egg whites into the mixture.
- 14 To finish, scoop the mousse into individual serving dessert bowls.
- 15 Allow this to rest in the refrigerator for 4 hours.
- 16 Once set, garnish each bowl with the reserved fruit and a dollop of whipped cream!
- 17 Enjoy!

Cooks Note

NEVER boil any gelatin mixture.
