

CITRUS MOUSSE WITH MACERATED STRAWBERRIES

A recipe by **FoodNouveau**

INGREDIENTS

Makes 8 to 10 verrines

For the Citrus Mousse

- 6 large eggs
- 1 cup [250 ml] granulated sugar
- ½ tsp [2.5 ml] salt
- ¾ cup [180 ml] freshly squeezed juice from lemons and limes
(I use 2/3 lemon for 1/3 lime, but feel free to play around with the proportions)
- Finely grated zest from all the lemons and limes used (grate the zest before squeezing the juice, it's much easier)
- ¾ cup [180 ml] heavy cream
- 1 tsp [5 ml] pure vanilla extract



For the strawberries

- 1 lb [454 g] fresh strawberries, washed, dried and thinly sliced
- ¼ cup [60 ml] sugar
- 1 tbsp [15 ml] orange-flavored liqueur (such as Grand Marnier)
- 1 tsp [5 ml] fresh mint leaves, very finely chopped

METHOD

To make the mousse: In a non-reactive saucepan, which together 3 eggs, 3 yolks (reserving the 3 remaining whites in a small bowl), ¾ cup [180 ml] sugar, salt, citrus juice and zest. Cook over medium heat while stirring constantly until the mixture thickens like pudding, about 10 minutes.

Pass the citrus curd through a fine mesh strainer into a large mixing bowl. Cover with plastic wrap and refrigerate until it's cool. (The curd can be made up to 2 days ahead).

To make the strawberries: Mix the berries, sugar, liqueur and mint in a bowl. Let the berries sit for at least 30 minutes so they release some of their juices.

To assemble the verrines: Whip the egg whites and remaining ¼ cup [60 ml] sugar until stiff peaks form. Add a third of the whipped egg whites to the chilled citrus curd and mix to lighten the texture of the curd. Gently fold the remaining egg whites in.

Whip the heavy cream with the vanilla extract until stiff peaks form. Gently fold the whipped cream into the citrus mousse. Fold until the cream is smoothly incorporated.

Divide the macerated strawberries between the verrines, saving about ½ cup [125 ml] to top each portion. Fill the verrines with citrus mousse, top with the remaining strawberries and top with fresh mint leaves, if desired. Serve immediately or chill until service.

Recipe Credit: Adapted from Zoë François

Photo Credit: Marie Asselin

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