

Ultimate Lemon Mousse

Luscious Lemon Desserts, by Lori Longbotham



- 2 tablespoons water
- 1 teaspoon gelatin, plain (Knox, and this isn't a full package)
- 1/2 cup unsalted butter (1 stick)
- 3/4 cup sugar
- 3 tablespoons lemon zest, freshly and finely grated
- 1/2 cup fresh lemon juice
- 1 Pinch salt
- 6 large egg yolks
- 3/4 cup heavy whipping cream

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 5

Just the right proportion of sweet and tart - more tart than sweet. Perfect!

1. Pour the water into a small bowl and sprinkle the gelatin over. Allow to blossom, or stand, for 10 minutes until the gelatin is soft.
2. Meanwhile, melt butter slowly in a large heavy saucepan. Remove from the pan and whisk in the sugar, zest, lemon juice, and salt. Rapidly whisk in the yolks and using some serious arm strength, whisk it all together until smooth. Cook the mixture over medium heat until it thickens and is thick enough to coat the back of a wooden spoon (you need to be supervising this process each second!). Do not allow it to boil however..
3. Remove the thickened curd from the heat, and stir in the gelatin mixture until it's visibly dissolved. Pour this through a strainer into a bowl - let it cool to room temperature, whisking occasionally.
4. Beat the heavy cream with an electric mixer on high until stiff peaks form. Add the cream gently to the lemon mixture, working in three batches - fold gently so that the cream keeps its volume!
5. Divide the mousse evenly between bowls, cover each serving with plastic wrap and chill for a couple hours. When ready to serve, garnish with sweetened whipped cream, berries, or whatever.

Per Serving (excluding unknown items): 482 Calories; 38g Fat (68.8% calories from fat); 4g Protein; 34g Carbohydrate; trace Dietary Fiber; 354mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 7 Fat; 2 Other Carbohydrates.