Strawberry Mousse

Simmer the strawberries first, then fold in Italian meringue and softly whipped cream.



SERVES 4 / SUGAR THERMOMETER · HAND MIXER

Prep 25 min · Cook 15 min · Chill 4 hr

Ingredients

200 g hulled fresh strawberries and 43 g caster sugar for the fruit base

6 g powdered gelatine and 30 ml cold water

30 g pasteurised egg white suitable for whipping and 12 g caster sugar

50 g caster sugar and 25 ml water for the syrup

200 ml cold pouring cream (35% fat)

In the kitchen

1. Fruit

Blend and strain the berries. Simmer 175 g purée with sugar, then dissolve the soaked gelatine in the warm base.

2. Meringue

Whisk the white with sugar. Stream in syrup cooked to 120°C and whisk until cool.

3. Fold and set

Fold the meringue, then softly whipped cream, into the cool fruit base. Divide into four glasses and chill.

KOOK'S SECRET

If the fruit base starts setting before you fold, stir it briefly over warm water. Let it cool and flow freely again.

Strawberry Mousse

The full method

01 **Prepare the fruit**
Blend the strawberries and pass through a sieve. Weigh 175 g purée into a small pan. Add 43 g sugar and simmer for 5 minutes. Measure 200 ml sweetened purée, topping up with a little water if needed.

02 **Dissolve the gelatine**
Sprinkle the gelatine over 30 ml cold water and leave for 5 minutes. Stir into the warm purée until dissolved. Cool to room temperature, stirring occasionally. Keep the mixture fluid.

03 **Start the meringue**
Put 50 g sugar and 25 ml water in a small saucepan. Heat to dissolve, then boil to 120°C. Meanwhile, beat the pasteurised white in a small clean bowl to soft peaks. Gradually whisk in the 12 g sugar.

04 **Whisk until cool**
With the mixer running, pour the hot syrup slowly down the inside of the bowl, keeping it clear of the beaters. Whisk until the meringue holds a peak and the bowl feels cool.

05 **Fold and chill**
Whip the cream to soft peaks. Fold the meringue into the cool, fluid purée, then gently fold in the cream. Divide between four 200 ml glasses and refrigerate for at least 4 hours, until set. Keep chilled until serving.

FROM MARK'S KITCHEN

Soft peaks fold in with just a few strokes. Stop whipping the cream when the tip bends over on the whisk.