

recipe no15

Lemon Mousse

Ingredients

- 2 jars of lemon curd (as below)
- 1 egg white
- 330ml whipping cream

Prep time - 20 mins

Cooking time - zero

Serves - 8

Method

1. Keep 8 tablespoons of the pre-made lemon curd aside. Put the remaining lemon curd in a mixing bowl (see the recipe for lemon curd below)
2. Whisk with an electric hand whisk, 1 egg white until stiff and peaky
3. Combine some of the egg whites with the pre-made lemon curd to loosen up the mixture, then fold in the remaining egg whites
4. In the same bowl you mixed the egg whites, whip the cream until stiff and peaky!
5. Fold in the whipped cream.
6. Prepare 8 serving dishes or glasses by putting 1 tablespoon of the original lemon curd set aside in the bottom and top with the mousse mixture.
7. Chill and serve on the day with a biscuit and dessert wine!



recipe no6

Lemon Curd

Ingredients

- 100g butter
- 200g caster sugar
- 4 organic unwaxed lemons
- 3 whole eggs + 1 egg yoke

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Prep time - 10 mins

Cooking time - 20 mins

Makes 2 jam jars

Cost of used ingredients - £2.50

Method

1. Grate the zest of 4 lemons and juice them, then cube 100g butter and add with 200g sugar into a heat proof bowl over a pan of simmering water. Use a hand whisk to stir occasionally. Make sure the underside of your bowl doesn't touch the water or your curd will curdle.
2. Beat the eggs and yoke together.
3. When all the butter has melted (after about 10mins) add the egg mixture.
4. Gently stir for 10 - 15mins until the mixture is thick and custard like. If you get a metal teaspoon and cover the back and it sticks without dripping, it's done!
5. Set aside and let it cool.
6. Use 2 clean and dry jam jars, the curd will keep in the fridge.
7. Serve on toast, or with fresh fruit & meringues or as the base to a tart!