

Mousse au citron (adapted from a recipe by Raymond Blanc) - Printable version

Ingredients

200ml (7 fl oz) milk
grated zest and juice of 2 lemons
1 teaspoon real vanilla essence
4 large egg yolks
70g (2 3/4 oz) vanilla caster sugar
3 1/2 leaves of gelatine*
200 ml creme fraiche
3 egg whites
3 slices of lemon cut into quarters (optional)

Method

1. Soak the gelatine leaves in a shallow, wide bowl with just enough cold water to cover.
2. Bring the milk to boil in a non-stick saucepan together with the grated zest of the lemon, lower the heat and simmer for a couple of minutes.
3. Whisk the egg yolks with 40g of the vanilla caster sugar. Cut the lemons in half and add the juice of 3 of the lemon halves and the vanilla essence to this mixture.
4. Pour the warm milk onto the egg yolk mixture while whisking briskly. Quickly wash and dry the saucepan and return the mixture to it over a medium heat. Stir with a wooden spoon until it thickens (this can take about 10 minutes).
5. Remove the gelatine leaves from the water with your hands, shaking off any excess water, and add to the milk mixture off the heat, stirring quickly until the gelatine is dissolved. Strain through a sieve into a bowl and leave to cool completely.
6. In a large bowl, whisk the creme fraiche lightly to loosen.
7. Whisk the egg whites in another bowl until they reach the soft peak stage, then add the remaining caster sugar and whip until they form stiff peaks that are slightly softer than meringue (I use my KitchenAid).
8. Add about a quarter of the custard to the creme fraiche and stir in with a spatula, then fold in the remainder, followed by the egg whites (amalgamate gently without losing the air).
9. Put 12 shot glasses (or 6 ramekins) on a tray that will fit into your fridge (and clear a space). Spoon in the mixture and leave to set in the fridge for about 4 hours. Garnish just before serving with the lemon wedge if you like.

*Gelatine leaves are sometimes found in the pork section in Dubai. I bring mine from the UK. If using powdered gelatine, use as directed on the packet but slightly less than recommended otherwise they will set too firmly and you'll lose the light, fluffiness of the texture.