

Coconut Mousse

Ingredients

- Eggs – 4, separated ○
- Caster Sugar – 4 ounces ○
- Creamed Coconut – 2 ounces ○
- Cornflour – 1 ounce ○
- Sachet Gelatine – 1 sachet ○
- Desiccated Coconut – 4 ounces ○
- Double Cream – 10 fluid ounces ○
- Milk – 1 pint ○

Serve dish with cold fruit sauce or stewed fruits.

Instructions

1. Put the milk and creamed coconut in a thick-based saucepan and bring to the boil stirring regularly. Meanwhile put the egg yolks in a large bowl, add the caster sugar and cornflour and mix well.
2. Pour the boiling milk on the egg yolks and mix well.
3. Clean the saucepan and pour the mixture back in, return to the heat and stir over a gentle heat until the mixture boils.
4. Return the mixture to the bowl. Dissolve the gelatine in a little hot water and add to the mixture. Stir well.
5. Leave to cool until almost at setting point, stirring occasionally.
6. Whip the cream and fold into the mixture. Whisk the egg whites and fold in.¹
7. Leave the mousse in the fridge until set.

¹If you are concerned with using uncooked egg whites, then do not use them in the mousse. Instead, mix dried egg white to the equivalent of 4 egg whites made as directed on the packet. Whisk and fold into the mousse. (Supercook make dried pasteurised egg white and it is available at most supermarkets. You can use the egg whites to make meringues or cakes where they will be fully cooked.)