

Beetroot and Cheese Mousse

Ingredients

For 4 portions:

For the beetroot mousse:

A large baked beet (found in all supermarkets)

10-15 cl of soy cream

salt, pepper

For the cheese cream:

10-15 cl of soy cream

70-80 g of Feta or fresh goat cheese (e.g. goat cheese log)

Pine nuts

Optional: chives or chopped parsley for decoration

Preparation

1. Peel the beetroot and cut it into large pieces.
2. In a blender or mixing glass put the beet pieces, soy cream, salt and pepper. Mix (possible with a hand blender) until you obtain a homogeneous mixture.x
3. Mix the soy cream and cheese in the same way in another container. For greater effect, you can pour this mixture into a siphon to obtain a whipped cream.
4. Dry roast the pine nuts in a pan: over low heat, about 10 minutes, stirring occasionally.
5. In glasses, fill halfway with beetroot mousse, then with cheese cream and finally decorate with pine nuts.