

Strawberries and Cream Mousse

#cooking/recipe

#2020/March

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Ingredients

3 tbsp Baileys Strawberries & Cream liqueur
1 lb pureed strawberries
1/2 cup sugar
1/2 tbsp lemon juice
1 tsp salt
3 egg yolks
3 egg whites
1 cup heavy cream
1.5 tsp vanilla

Process

Add 1 lb pureed strawberries, 1/2 c sugar, 1/2 tbsp lemon juice, 1 tsp salt, & 3 egg yolks to a 4-qt saucepan. Whisk until smooth. Over medium heat, cook and whisk until thickened (~15 minutes). Transfer to large bowl & stir in 3 tbsp Baileys Strawberries & Cream liqueur. Refrigerate until cold (about 30 min).

Next, whisk 3 egg whites in a bowl until stiff peaks form, add to strawberry mixture. Fold gently until combined. Set aside.

Whisk 1 cup heavy cream & 1.5 tsp vanilla in bowl until stiff peaks form. Add to strawberry mixture. Fold until combined.

Spoon mousse into serving cups. Chill before serving.

Garnish with strawberries & serve.

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: