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Tante Marie's Cooking School

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Tante Marie's Fresh Berries In Lemon Mousse

1 qt. mixed fresh berries: raspberries, blueberries, blackberries, or small strawberries
8 egg yolks
1 cup sugar
3/4 cup lemon juice
1 1/2 tablespoons grated lemon zest
2 cups heavy cream
8 egg whites
mint leaves

Inspect berries and discard any bad fruit. Divide berries equally among eight wine glasses or glass bowls, leaving a few aside for garnishing.

In the top of a double boiler, combine the egg yolks, sugar, lemon juice, and zest. Whisk together ingredients over gently simmering water until the mixture becomes thickened, about 4 minutes. Remove from the heat and let cool to room temperature.

Place the heavy cream in another bowl and beat with a whisk or an electric beater, until it forms soft peaks. Fold three-quarters of the cream into the cooled lemon mixture. In a separate bowl, beat the egg whites until stiff but not dry and fold this into the lemon mixture. Pour this over the berries in each glass. Whip the remaining cream until stiff. Decorate each glass with the remaining cream, the reserved berries and mint leaves. Chill until ready to serve. Serves 12. (MSR)

