

Lemon Mousse – Courtyard Café, Toronto

1 envelope unflavoured gelatin

¼ cup cold water

3 eggs separated

1/3 cup sugar

2 tsp grated lemon rind

½ cup fresh lemon juice

¼ cup sugar

2 cups whipping cream (1 plus 1)

Shaved or grated semi sweet chocolate

Sprinkle gelatin over cold water in small pan and stir over low heat until dissolved.

In small bowl beat egg yolks and 1/3 cup sugar until thick. Stir in lemon rind and lemon juice and gelatin mixture. Return to pan and cook stirring until slightly thickened.

Beat egg whites, gradually adding ¼ cup sugar.

Continue until soft peaks form. Fold lemon mixture into egg whites. Beat 1 cup cream and fold into lemon mixture.

Put in serving dish (or individual glasses) and chill.

Whip second cup of cream and cover mousse, and sprinkle with shaved chocolate.