

GUASTELLO'S VILLAGE MARKET

Fresh Lemon Mousse

Serves 6

Ingredients:

3 egg yolks
½ cup sugar
2 lemons
3 egg whites
1/8 tsp. salt
½ cup whipping cream
Optional: additional whipped cream for topping

Juice and grate the zest from the lemons.

Combine the egg yolks and sugar in a mixing bowl. Beat until thickened.

Stir in the lemon juice and lemon zest. Pour into a double boiler and simmer for 10 minutes, until thickened, whisking constantly. Let stand until cool.

Beat the egg whites and salt in a chilled mixing bowl until stiff peaks form. Fold into the lemon mixture. Chill for 2 hours.

Beat the whipping cream in a chilled mixing bowl until soft peaks form. Fold into the lemon mixture. Chill until serving time.

To serve, spoon the mousse into individual dessert bowls and top with additional whipped cream.

Credit: food.com