

NUTRITION: Lazza's Kitchen Adventure

Lemon Mousse

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Lemon Mousse from scratch

Various desserts consisting of whipped cream in pyramidal shapes with coffee, liqueurs, chocolate, fruits, and so on either in the mixture or poured on top were called *crème en mousse* 'cream in a foam', *crème moussieuse* 'foamy cream', *mousse* 'foam', and so on, as early as 1768. Mousses are typically chilled before being served, which gives them a denser texture.

Mine could have set better!! But tasted great.

Ingredients

3 extra large whole eggs
3 extra large whole eggs separated
250g Caster Sugar / Salt
Zest of four/five lemons
125ml freshly squeezed Lemon juice
250ml Double Cream
125ml Lemon Curd
250ml Cold Double Cream
1 tbsp Caster Sugar / Vanilla Essence

Whisk together the 3 whole eggs, 3 egg yolks, 250g sugar, lemon zest, lemon juice and a pinch of salt in a large heat-proof bowl. Place the bowl over a pan of simmering water and cook, stirring constantly with a wooden spoon, for about 10 to 12 minutes until the mixture is thick. When mixture thickens, stir with a whisk if desired.

Take off the heat and set aside for 15 minutes. Cover with cling film directly on the surface to stop it forming skin. Refrigerate for 1 to 2 hours, until completely chilled. Place half the egg whites and a pinch of salt in the bowl of an electric mixer fitted with the whisk attachment. Beat on high speed. Add 2 tbsp of granulated sugar and continue to beat until the whites are stiff and shiny.

Carefully fold the beaten whites into the cold lemon mixture with a rubber spatula.

Place the 250ml double cream in the same bowl of the electric mixer fitted with the whisk attachment (no need to clean the bowl) and beat on high speed until the cream forms stiff peaks. Carefully fold into the lemon mixture. Fold in the lemon curd, and pour into a 20cm-diameter, 7.5cm-deep souffle dish. Cool till chilled.

For the cream (to decorate), place the 250ml cream, sugar and vanilla in the bowl of an electric mixer fitted with the whisk attachment. Whip on medium and then high speed until the cream just forms still peaks.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great and very tasty dessert to prepare.