

Light Raspberry Mousse



Serves 8

**Prep 15 mins
+ 4 hours chilling**

Cooking 5 mins

Easy

Ingredients

4 sheets of leaf gelatine 300g raspberries, + extra to decorate
4 eggs, separated
75g caster sugar
150ml double cream
sprigs of mint to decorate (optional)

1. You will need a large glass bowl (1.1 litres/2 pints) or 6–8 dessert glasses.
2. Soak the gelatine in a small heatproof bowl of cold water for 5 mins until soft. Squeeze out the liquid from the gelatine & tip away all but 1 tbsp of water. Put the gelatine back into the bowl with the reserved tbsp of water. Set the bowl on top of a saucepan of gently simmering water & stir for a few minutes until the gelatine is dissolved & runny. Remove from the heat & set aside to keep warm.
3. Whizz the raspberries in a blender to a smooth pulp. Place in a sieve above a bowl & push the pulp through with a metal spoon to remove the seeds.
4. Place the egg yolks and caster sugar in a large bowl. Use an electric hand whisk to whisk the eggs and sugar for 4–5 mins or until thick, pale & fluffy and when you lift up the whisk, a trail is left in the mixture. Stir in the raspberry purée, followed by the runny gelatine (pass this through a sieve).
5. Whip the cream to soft peaks, then carefully fold into the raspberry mixture (see tip). In a clean, dry bowl, whisk the egg whites until stiff. Stir 2 tbsp of the egg whites into the raspberry mixture, then gently fold in the remaining egg whites.
6. Spoon into the large glass bowl or divide between the individual glasses, then chill in the fridge for a minimum of 4 hours until set. Serve straight from the fridge, decorated with the remaining raspberries and sprigs of mint.
7. **Prepare Ahead:** The mousse can be made up to 8 hours ahead & kept in the fridge.
8. **Mary's Classic Tip:** * It is important to keep folding the whipped cream into the raspberry mixture until smooth and evenly coloured throughout and no lumps remain, otherwise the resulting mousse will be flecked with spots of white cream.