

ELDERBERRY MOUSSE

Makes 6 - 6 oz. dishes

BAVARIAN CREAM CONCEPT

Equipment & utensils:

Electric mixer w/ whisk, fine colander, electric blender, stainless steel saucepan, stainless steel bowls quart size, lemon press, champagne glasses or ramekins.

- 1 1/2 Cups Elderberry juice with pulp or puree
- 1/2 Cup Organic sugar
- 1 1/2 Tbsp Granulated plain gelatin
- 1 Pint Whipped cream (unsweetened)
- 1/2 Lemon, juiced
- 1/2 Cup Elderflower cordial (optional)
- 1/2 tsp Salt

1. Simmer elderberries (approx 1 cup + 1 pt water) for approx 10 minutes until soft.
2. Strain through fine colander or puree in blender depending how much chaff -- stems, leaf fragments.
3. Moisten gelatin with 1/3 cup cold water.
4. Whip cream.
5. cool down E jello in freezer -- just before it sets -- fold in whipped cream, wirewhisk.
6. Pour into individual serving champagne glasses or pudding molds, ramekins.
7. Refrigerate for several hours until firm.

PRESENTATION

When turned out like a pudding on plate, float on strawberry sauce or elderberry sauce.

Whipped cream piped, elderflowers, mint leaves, orange slice garnish.



PRACTICAL POINTERS FOR RECIPES

ELDERBERRY MOUSSE

The basic concept of any fruit Bavarian Cream is the same: pureed fruit (any berry, strawberry) add a cordial to enhance the flavor, put in gelatin and whipped cream. Dazzling presentation when turned out in individual pudding molds, stemmed glass or ramekin or multi-servings in a larger mold. Decorated in piped whipped cream, elderflowers, mint leaves, orange slice, candied ginger, chocolate chips, Bavarian Cream is one of the oldest popular German dessert concepts for ages. It is relatively easy to make following precise measurements. Since gelatin quality varies (Knox) - The finest consistency is spongy but not rubbery. When turning individual glass or metal molds out, the mold has to be dipped into boiling water for a few seconds to loosen the sides and enable it to slide out onto a plate.

- 1 1/2 tsp Unflavored plain gelatin
- 1 Pint Whipped cream (unsweetened)
- 1/2 Lemon, juiced
- 1/2 Cup Elderflower cordial (optional)
- 1/2 tsp Salt

1. Simmer elderberries (approx 1 cup + 1 qt water) for approx 10 minutes until soft.
2. Strain through fine colander or puree in blender depending how much fruit - stems, leaf fragments.
3. Moisten gelatin with 1/3 cup cold water.
4. Whip cream.
5. Cool down E. jelly in freezer -- just before it sets -- fold in whipped cream.
6. Pour into individual serving champagne glasses or pudding molds, ramekins.
7. Refrigerate for several hours until firm.

PRESENTATION

When turned out like a pudding on plate, dust with strawberry sauce or elderberry sauce.
Whipped cream piped, elderflowers, mint leaves, orange slice garnish.