

# Recipes



<http://www.riverdogfarm.com>

Meyer Lemon Mousse from : "The Greens Cookbook" by Deborah Madison

Grated peel of 2 lemons 3 egg whites

3 egg yolks 1/4 teaspoon cream of tartar

1/2 cup lemon juice 1/2 cup heavy cream

1/2 cup sugar, in all

Grate the lemon carefully, avoiding the white area under the skin, which has a bitter flavor. Beat the egg yolks well and pour them through a strainer into a small non-corrosive saucepan. Then add the lemon peel, the lemon juice, and half the sugar. Cook over medium-low heat, stirring constantly, until the mixture thickens. Take care not to let it boil or the yolks will curdle. Set the lemon curd in the refrigerator to cool.

When ready to assemble, beat the egg whites with the cream of tartar until they form firm peaks; then gradually beat in the rest of the sugar. In another bowl, whisk the cream until it holds its shape. Using the same whisk used for the cream, break up the lemon curd and beat it until it is smooth. Fold in the meringue, then the whipped cream. Lightly spoon the mousse into dessert glasses and refrigerate until it is well chilled.

Garnish the mousse with rose geranium flowers, freshly candied violet blossoms, or rose petals coarsely chopped. The mousse is also wonderful served with sweetened raspberries, blackberries, or red currants.

