

Cherry or Raspberry Mousse with Vegan substitutions

This mousse can be used a cake or pie filling or as a frozen dessert. If you use raspberry, I would recommend a little orange zest or for the cherry, a tsp of vanilla or almond extract. You may also macerate dried cherries in warm water or liquor of your preference. You also may omit the straining if you enjoy the texture of the seeds or pulp of the fruit. If cherries are fresh, quick freeze them at the peak of season to enjoy this recipe year round. Also, fresh is fine for either recipe. If you need it for a stacked wedding cake design add a slight amount more of gelatin/agar. If you can't find superfine sugar, then you can give it a quick blitz in the food processor. If you want it lighter, make up a batch of Vanilla sweetened whipped cream to stiff peak (or soy substitute) and gently fold together. Using Greek yogurt will give it the thickest consistency.

To defrost, do so in the fridge overnight (a good time to add flavorants such as extracts or liquor (1 tbsp per 12 ounces) or in a warm water bath.

Equipment:

Food processor or Robocoup

Whisk

One Large stainless steel bowl for ice water bath

Two medium sized stainless steel bowls

One sauce pan (at least able to hold 20 ounces or more if you multiply the recipe

Chinois or med to fine gauge strainer depending on your preference of texture

Recipe:

- 1 - 12 ounce package of frozen cherries or frozen raspberries (if frozen defrost)
- 1 - TBSP of powdered unflavored gelatin or AGAR
- 1 - cup of very cold water
- 1 1/3 cup juice (cherry or raspberry or cran raspberry)
- 1 - ¼ cup of superfine sugar
- 1 - cup yogurt (soy substitute is fine or goat or greek)

Place berries and any defrosted juices in food processor fitted with metal blade and puree to desired consistency. Strain out seeds and pulp if desired (med gauge sieve).

Bloom gelatin by sprinkling gelatin or Agar over the cold water in a small pan and stir. Let sit until dissolved (approx. five minutes).

Add the juice and heat on low heat. Stir until gelatin/agar is dissolved, but DO NOT BOIL. Add the sugar and continue heating, without boiling until the sugar dissolves. Stir a few times.

Remove from the heat and pour into bowl, set into a second bowl filled with ice and ice water to cool. Add the puree and whisk into gelatin/agar mixture. Cool the mixture, stirring over the ice until it is thick and the consistency of an egg white.

Once thickened, pour off any liquid from the yogurt (drain) and stir into the mixture, gently but thoroughly, with a whisk. Cover the bowl and chill overnight in an airtight container. You may want to put a plastic film directly over the top to avoid a film. If you are putting this into molded application, then pour directly into molds. If you are using in a cake, refrigerate until chilled but not fully set (approx. 2-4 hours), then pipe into cake layers where it will continue to set. Enjoy!