

# ChefNorway's Norwegian Lemon Mousse

<i>Servings</i>	<i>Preparation Time</i>	<i>Mixer Time</i>	<i>Cooling Time</i>	-
6+ People	15 minutes	5 minutes	120 minutes	-

Since I was little, I've been told stories about my father eating this dessert with a very special spoon. The smallest and tiniest salt spoon they had. He wanted the dessert to last as long as possible. Between Christmas and New Year's Day, my father knows that my mother will make this dessert. Of course, the apple doesn't fall far from the tree, and the rest of the family makes sure to be seated at the dining table. We all love to eat it and tease dad about his history with lemon mousse. It's really simple to make it.



## Ingredients

European Measurements	US Measurements
3 dl. heavy cream	1 ½ cups heavy cream
0.5 dl. sugar	¼" cup sugar
2 egg yolks	2 egg yolks
125g sugar	4.45 oz. sugar
Juice of ½ lemon	Juice of ½ lemon
Zest of 1 lemon	Zest of 1 lemon
5 gelatin plates	5 gelatin plates
0.5 dl. hot water	1/4 <sup>th</sup> cup hot water
2 egg whites	2 egg whites

## Directions

- Start by adding heavy cream to a mixer bowl
- Add 50 g sugar to the heavy cream
- Start the mixer but pay attention. You want to stop when it's got a smooth texture
- Leave in fridge until we use it later
- Separate egg yolks from whites
- Measure up sugar in a mixing bowl.
- Add lemon juice, egg yolks, and lemon zest and mix it.
- Soak gelatin plates in cold water for 5 minutes. Remember to squeeze water out of them after.
- Bring 0.5 dl. Water to a boil. Turn off heat and add in gelatin plates. Mix gelatin with the water.
- Add this to the egg and sugar mixture.
- Add the smooth whipped cream, and egg whites.
- Finish by mixing everything for 1 minutes.
- Cover the bowl with plastic. Cool in fridge.
- I like to add mixture to dessert glasses before cooling it. Making it ready to serve.

## Decorate

Before serving you could add lemon zest as top decoration, and with a slice of lemon on edge.