

PUMPKIN MOUSSE

WHAT YOU'LL NEED

- 125ml water
- 1 tbsp powdered gelatine
- 3 eggs
- 250ml milk
- 375g pumpkin purée
- 3 tbsp caster sugar
- 275g honey
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- 1 tsp vanilla extract
- 2 tbsp chopped crystallised ginger

WHAT TO DO

1. Pour the 125ml of water into a small bowl and sprinkle the gelatine over to soften.
2. Separate the eggs, placing the whites to one side and the yolks in a heat-proof bowl that holds at least 500ml.
3. Combine the milk, honey and spices in a heavy-bottomed saucepan and heat until the honey dissolves and the mixture is steaming hot. Add the softened gelatine with its liquid and stir until it is completely dissolved.
4. Pour most of the hot milk mixture into the egg yolks, whisking constantly, then pour this mixture back into the pan and continue heating until it thickens and almost boils. Stir in the pumpkin purée and keep stirring until there are no big bubbles when you stop stirring for a few seconds. Remove from the heat and whisk in the vanilla.
5. Beat the egg whites until frothy using a stand or hand mixer, then start adding the sugar gradually, beating until stiff peaks have formed. Fold a big spatula of the whites into the pumpkin custard, and then fold in the remaining egg whites. Turn the mousse into a 1.5L metal mould that has been rinsed with cold water and chill overnight.
6. To remove your mousse from its mould, dip the mould in hot water for about 30 seconds then invert onto a serving plate. Serve with whipped cream.

Chef's Tip: Alternatively, spoon the mousse into individual ramekins or wine glasses that have a tablespoon or two of chopped crystallized ginger and/or gingernut biscuit crumbs in the bottom..



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