

Maple Mousse

Category: Dessert

Servings: 4

Rating: 0

Source: Lynda Hackney

Description:

Ingredients:

chocolate sticks	
mascarpone cheese	1 cup
cream	1/2 cup
maple syrup	1/4 cup
maple flavouring	1 teaspoon
brandy	2 tablespoons
lemon rind	1 teaspoon, grated
egg white	from 2 eggs
sugar	2 tablespoons

Instructions:

Place mascarpone in large bowl. Add brandy, lemon rind, maple syrup, and maple flavouring and beat. Beat cream until it holds its shape and fold into mascarpone. Beat egg whites until frothy, then beat in sugar. Continue beating until egg whites hold soft peaks. Fold into mascarpone.

Spoon into glass dishes and chill. Serve with chocolate sticks.

It helps to have all bowls, utensils, and beaters very cold.