



## **Name of the recipe: Avocado Mousse**

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**Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something.**

### **Ingredients:**

1. 4 large ripe avocados
2. 1 200 cc pack creme fraiche or wholecream
3. 4 teasp plain gelatine
4. Salt, pepper & lemon juice to taste

### **To prepare:**

1. Keep the cream in the fridge for at least an hour before beating thoroughly until it doubles in volume
2. Peel the avocados, mash well with a fork or put in processor and then pass through a sieve, add lemon juice and immediately the cream, mix the ingredients well, season with salt, pepper and more lemon juice to your taste.
3. Dissolve the gelatine in 3 soup spoonfulls of water, heat & stir until it runs, pour into the mixture and mix well.
4. Line a tin (hopefully rectangular) in foil or plastic wrap and fill with the mixture.
5. Refrigerate for at least 2 hours.
6. Just before serving, turn upside down onto a tray and dress with shrimp, tomato cherries or whatever you like best.

***Enjoy, lovely, fresh and light!!!***

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