

No-Fuss Mousse for Sandra

By Kenji Hodgson & James Nevison

Uncle Bill's flexible recipe in honour of Sandra never fails to send guests home happy.

Serves 8 to 10

Ingredients:

2 ½ cups (625 ml) plain yogurt (recommend organic to avoid added starches or gums)
2 tbsp (30 ml) flavouring: Matcha (Japanese powdered green tea); or fine-grind espresso coffee; or Dutch cocoa powder
3 tbsp (45 ml) boiling water
1 ½ cups (375 ml) whipping cream
½ cup (125 ml) icing sugar
1 tsp (5 ml) vanilla extract
garnish: sliced strawberries, chocolate-covered espresso beans, or shaved chocolate

Method:

Line colander with several layers of cheesecloth. Place yogurt into colander and allow to drain for 4 to 8 hours in the sink, or place colander in a larger bowl and put in the refrigerator. (The longer it drains the thicker the final mousse.)

Dissolve flavouring in boiling water.

Put drained yogurt in a large bowl and add the dissolved flavouring. Mix well and set aside.

Whip the whipping cream, adding icing sugar and vanilla extract as peaks form.

Incorporate about ¼ cup (60 ml) whipped cream into yogurt mixture to lighten, then proceed to fold in the remaining whipped cream. Garnish with your choice of topping

Serving note: a nice touch for the Matcha-flavoured mousse is to serve in Japanese tea cups.

Wine: 1. Errazuriz Late Harvest Sauvignon Blanc
2. Petalo Il Vino dell-Amore
3. Cossart Gordon Bual Madeira

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