

German Lemon Mousse (Zitronnspeise)

This is not a difficult recipe, but it's important to follow the steps. It is also important to use a thick creamy yogurt, as runny yogurts won't do. This is a very delicate dessert, so you want to chop the zested lemon peel finely, so you don't end up with strands of lemon zest.

Ingredients:

(This makes 6 generous servings)

1 cup heavy whipping cream (100 ml)
3/4 cup white sugar (150 g)
3 pasteurized eggs, separated
8 oz (1 cup or 227 grams) plain creamy yogurt
1/3 cup lemon juice plus 2 TBS
1/2 tsp. grated, then chopped lemon peel
1 envelope unflavored gelatin
1/4 cup cold water
a pinch of salt

Directions:

1) Put the egg whites in the bowl of a stand up mixer fitted with a whisk attachment. Begin whisking on medium speed, adding the pinch of salt. Increase the speed, and when the egg whites get frothy, slowly sprinkle 4 TBS of the sugar in small increments. The egg whites should triple in volume and the sugar should be dissolved, which will take about 6-8 minutes

2) Transfer the beaten egg whites to a different bowl.

3) Add the whipping cream into the mixer bowl (there is no need to wash the bowl) and beat until stiff. Transfer the whipped cream to yet another bowl.

4) Heat some water in a medium-sized pot. Using a heatproof bowl, sprinkle the envelope of gelatin over a 1/4 cup of cold water. Let the gelatin stand for a minute or two until it softens. Set the heatproof bowl in the pot with the simmering water, and stir the gelatin until it is completely dissolved. Remove the pot from the heat, keeping the bowl with the gelatin in the pot of water.

5) Using the whisk attachment, beat the the egg yolks with the rest of the sugar in the mixer bowl (the one you haven't washed yet), until yellow and fluffy for several minutes. Add the lemon juice and yogurt and mix well.

6) Stir in the gelatin from the heatproof bowl. Carefully, with a spatula, fold in the whipped cream. Next, fold in the egg whites with a circular motion. Be careful not to deflate the whipped cream and the beaten egg whites.

7) Finally, pour the mousse into individual bowls or a large bowl, cover with plastic wrap and refrigerate for at least 4 hours or overnight. This is a great dessert to make ahead of time.

Guten Appetit!

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