

## **Blackberry Mousse** (recipe from [Food & Wine](#))

1 teaspoon unflavored gelatin  
3 tablespoons cold water  
1 cup blackberries  
1/4 cup granulated sugar (*or substitute 1/4 cup honey and reduce the cream to 2/3 cup to compensate for the extra liquid*)  
1 egg white  
3/4 cup heavy cream

1. Place 1 tbsp of water in a small bowl and sprinkle to gelatin over it and let it stand for about 5 minutes to 'bloom' (to swell up and soften).
2. In a blender, puree the blackberries with the remaining 2 tbsp of water and strain through a fine sieve into a small saucepan - you should have approximately 3/4 cup puree at this stage. Stir the sugar/honey through, and slowly bring it to a boil. Boil for about 3-5 minutes or till slightly reduced, then stir in the softened gelatin till dissolved. Set aside to cool down.
3. In a medium bowl, use an electric mixer to beat the egg white till firm, then immediately fold into the cooled berry puree using a large silicone spatula till no white streaks remain. In a separate bowl, beat the cream till softly whipped, then fold the cream into the berry mixture till smooth and streak-free.
4. Carefully spoon the mousse into glasses, then carefully but sharply tap the bottom of the glasses against the counter to flatten the top of the mousse. Refrigerate for about an hour to set and chill.
5. Remove from refrigerator 5 minutes before serving, and garnish with crushed praline, berries, chocolate shards or anything else you desire!