

Caramelised Apple Mousse on Sasasunakku.com

Depending on the size of your ramekins, this should make about 8-10 servings.

First peel, core and slice 500 grams of tart green apples, like Granny Smith, into thin wedges.

60 grams (1/4 cup) caster sugar
50 grams (3 1/2 tablespoons) butter
2 tablespoons cream

Melt the sugar in a small, clean saucepan without stirring over medium low heat (if it has any flecks it can cause the caramel to seize) until the grains are dissolved. Turn heat up to medium and caramelize. If it looks browner in some places than others, you can gently swirl the pot.

Add the butter and allow to melt, stirring.

Add the cream and stir - it might seize for a minute but it will dissolve.

Add the apple wedges and cook for about 10-15 minutes or until caramelised and tender.

Meanwhile:

Separate **2 fresh, preferably organic eggs** (I'm not just being anal, they won't be cooked so it's important they're of the best quality) and whip the whites in a perfectly clean bowl until they form soft peaks (if the bowl or mixer is dirty they won't whip properly).

Whip **150 ml cream** until it forms firm peaks.

Whizz the apples until smooth and gently beat in the egg yolks. Fold in a third of the egg whites to loosen the mixture first, then gently fold in the rest. Fold in the cream.

Spoon into ramekins and chill.