

Carrot Mousse

Printed from Carrot Recipes at <http://www.carrotrecipes.net/>

Ingredients:

4 cups of carrots.
1 cup of chicken stock.
1 cup of cream.
4 medium eggs.
Nutmeg.
Salt and pepper.

Preparation:

Peel the carrots.

Place the carrots and chicken stock in a pan and bring to the boil. Cover and simmer while stirring until the carrots are tender.

Puree carrots and stock in a blender until smooth.

Add the eggs and process again for about 45 secs.

Blend in the cream, nutmeg, salt and pepper.

Grease heatproof moulds and spoon in the puree to fill.

Cover each mould with foil and cook in a bain marie until the mousse sets (takes about 30 minutes).

Allow to rest for 7-8 minutes, then turn out gently.

Serve hot.