

## Pastry Chef Mike's Festive Spiced Apple Mousse

### **Ingredients (Serves 6)**

250g apple juice  
1 Star anise  
½ Vanilla pod  
1 Cardamom  
1 Cinnamon stick  
2 Bramley apples  
250g Custard (we make our own but you can buy it)  
3 Leaves gelatine  
50g Egg whites  
90g Caster sugar  
375g Double cream



### **Garnish:**

We serve ours with candied walnut ice cream, apple purée and crumbled shortbread. You can serve yours with whichever flavour of ice cream you choose!

### **Method**

Add the apple juice, star anise, vanilla, cardamom and cinnamon stick to a saucepan and heat until it is reduced by half (to about 125g). Strain out the spices.

To make the apple purée, peel the apples and chop into pieces. Microwave for around 4 minutes until soft, then blitz.

Add the gelatine to water, as per the instructions on the packet. Add this to the hot apple juice. Then add half the apple purée (keeping the other half for the garnish) and the custard. Mix together.

Whisk the egg whites and sugar until the mix forms stiff peaks.

Whip the cream until it forms soft peaks.

Fold the egg white mix, the cream and apple/custard mix together, gently, until combined. Spoon the mix into rings or dishes and leave to set in the fridge for around 5 hours.

### **To Serve:**

Turn the mousse out of the rings and serve with your choice of ice cream, some crumbled shortbread and some apple purée.