

Brandy Alexander Mousse

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 envelope unflavored
gelatin
1/2 cup cold water
1/2 cup sugar
1/8 teaspoon salt
4 eggs, separated
1 1/2 ounces brandy
1 1/2 ounces creme de
cocoa
1 cup heavy cream,
whipped*

Sprinkle the gelatin over cold water in a saucepan. Add half of the sugar, the salt and egg yolks. Stir to blend. Cook over low heat, stirring constantly until the gelatin dissolves and the mixture begins to thicken. Remove from the heat.

Add the brandy and creme de cocoa.

Chill in the refrigerator.

In a bowl, beat the egg whites until foamy. Add the remaining sugar. Beat until stiff.

In a bowl, whip the cream.

Stir the egg white into the chilled mixture. Fold in the cream.

Pour into individual ramekins or a mold.

Chill until firm.

Decorate with whipped cream and violets.

A Cordon Bleu recipe.

Per Serving (excluding unknown items): 1926 Calories; 108g Fat (52.3% calories from fat); 37g Protein; 185g Carbohydrate; 0g Dietary Fiber; 1174mg Cholesterol; 846mg Sodium. Exchanges: 3 Lean Meat; 1/2 Non-Fat Milk; 19 Fat; 12 Other Carbohydrates.