

# MANGO MOUSSE

## (GELATINA ESPUMOSA DE MANGO)

### Ingredients

- 1 cup lukewarm water
- 2 envelopes (about 2 Tbsp) unflavored gelatin
- 1 (14-ounce) can sweetened condensed milk
- 4 cups cubed fresh or thawed frozen mango
- 1 Tbsp freshly squeezed lime juice
- 2 cups heavy cream
- 1 cup diced fresh mango or berries, for garnish (optional)

### Directions

1. Pour the lukewarm water into a medium heatproof bowl and add the gelatin. Stir and let stand until the gelatin blooms (softens), about 3 minutes. The mixture will increase slightly in volume.
2. Meanwhile, fill a medium saucepan with 2 to 3 inches of water and bring to a simmer over medium-low heat. Set the bowl with the gelatin mixture over the saucepan and heat, stirring occasionally, until the gelatin completely dissolves, 2 to 3 minutes. Remove from heat.
3. Combine the sweetened condensed milk, mango chunks, and lime juice in a blender and puree until completely smooth. Add the dissolved gelatin and blend on low speed for a few seconds to combine. Pour into a large bowl.
4. With a hand mixer in a large bowl or in a stand mixer fitted with the whisk attachment, beat the heavy cream at medium speed just until it holds soft peaks and you can see a trail in it as the whisk is beating through it, 3 to 4 minutes; be careful not to overbeat it.

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### Directions, cont.

5. Fold the whipped cream into the mango gelatin, which should have started to set a bit, until thoroughly combined. Pour the mousse into individual molds or ramekins. Cover tightly with plastic wrap and refrigerate until completely chilled and set, at least 1 hour. Alternatively, you can chill the mousse in a large bowl.

6. When ready to serve, remove the mousse from the refrigerator and decorate the individual molds with diced mango or berries, if desired. Or, if you chilled it in a large bowl, spoon into individual bowls and garnish with fruit, if desired.

**\*\*Notes:** the mousse can be made up to 5 days ahead and kept in the refrigerator.

Serves 12

Source: *Mexican Today* (Jinich)