

CRAB AND AVOCADO MOUSSE

beetroot whipped cream



Preparation : 20 min - **Resting :** 3 hr - **Cooking :** - - **Equipment :** -

Ingredients : 6

- 3 ripe avocados - 3 tins crab meat (360g), drained and shredded - 1 tbsp mayonnaise - juice of ½ lemon - 2 sprigs* dill or chives, rinsed and chopped - 3 pinches chilli powder - salt, pepper - BEETROOT WHIPPED CREAM (OPTIONAL): - 200 whipping cream (minimum 30% fat content) - 1 tsp Himalayan pink salt - ½ cooked beetroot

1. Place the avocado flesh, crab, mayonnaise, lemon juice, salt, pepper and a little dill or chives in the metal bowl. Run the EXPERT programme (without heating) for 1 minute 30/speed 10. If necessary, push the mixture down and restart.

2. Refrigerate the crab and avocado mousse for at least 3 hours. About 40 minutes before serving, prepare the beetroot whipped cream.

3. Remove the mousse from the refrigerator and spoon into small serving cups. Decorate each one with small swirls of beetroot whipped cream. Refrigerate until required, or sprinkle with chilli powder and serve immediately.

BEETROOT WHIPPED CREAM

1. Refrigerate the cream and the whisk for at least 30 minutes before starting.

2. Finely chop the cooked beetroot and push through a fine mesh wire strainer to obtain a pulp.

3. Chill the metal bowl: put a few ice cubes into it, run the CRUSH programme, empty then dry thoroughly.

Fit the whisk, pour the cream into the bowl, remove the cap from the lid and run the EXPERT programme (without heating) for 2 minutes 30/speed 7. Depending on the type and temperature of cream used, it may be necessary to restart the programme for a couple of minutes; watch carefully so that the cream does not become butter. Traces of the whisk will appear on the cream when it is firm. Add the salt and beetroot pulp; restart the programme for 5 seconds to combine.

4. Place the whipped beetroot cream in a piping bag* fitted with a fluted nozzle.

Cook Expert ■

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