

Cleveland County Kitchen
May, 2016
Food of the Month – Strawberry
Chef Tom Greene



Strawberry Soufflé

3 cups strawberries, pureed
½ cup sugar
6 egg whites, room temperature
½ cup sugar

Puree strawberries with sugar and set aside. Beat egg whites to soft peaks adding small amounts of sugar as you whip. Mix large spoonful of egg whites to strawberry mixture then fold strawberry mixture into egg whites. Spoon into ramekins and bake at 400°F for 12 minutes.

Yield: 4 – 8oz. Soufflés

Made Available by:

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Lemon Mousse with Fresh Berries

1 cup plus 1 TBS. sugar
¾ cup fresh lemon juice
6 large egg yolks
2 large eggs
1-1/2 TBS grated lemon zest
1 (12 oz) basket of strawberries, hulled, halved or quartered if large
1 (6oz) basket of fresh blueberries
1 (6oz) basket of fresh raspberries
1 (6oz) basket of fresh blackberries

2 cups chilled whipping cream
10 whole strawberries or raspberries for garnish

Combine 1 cup sugar, lemon juice, 6 egg yolks, 2 whole eggs, and grated lemon zest in a large metal bowl. Set bowl over a saucepan of simmering water. (Do not allow bowl to touch the water)
Whisk until mixture thickens and thermometer inserted into mixture reaches 160°F.
Transfer lemon curd to another large bowl. Chill until cool, whisking occasionally.

Using electric mixer beat 1-1/2 cups of cream in medium bowl until medium firm peaks form. Fold 1/3 of whipped cream into lemon curd to lighten, fold in remaining whipped cream. Beat remaining cream in the medium bowl until stiff peaks form.

Divide berry mixture among wine glasses. Spoon lemon mousse over berries. Put a dollop of whipped cream atop lemon mousse and garnish with raspberry or a fanned whole strawberry.

Serves 10

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