

MASCARPONE MOUSSE

(reprinted with permission from Dorie Greenspan)

1/2 teaspoon unflavored gelatin
1 1/2 tablespoon cold water
8 ounces (227 g) mascarpone
1/3 cup (80 mL) heavy cream
2 tablespoons honey
3 large egg whites, at room temperature
pinch of fine sea salt
3 tablespoons sugar

Put the gelatin in a microwave-safe bowl, pour over the cold water and let the gelatin sit for about 3 minutes, or until it is completely moistened and has begun to expand. Then heat the gelatin in a microwave oven for 15 to 20 seconds to liquefy it.

Scrape the mascarpone into a large bowl, preferably one that has a pouring spout, and gently stir to loosen it.

Pour the cream and honey into a small saucepan, put over medium heat and bring just to a boil. Allow the liquid to cool for 5 minutes, then pour some into the gelatin and stir until smooth. Stir the contents of the gelatin bowl into the remaining cream and then pour everything into the bowl with the mascarpone. Use a whisk to blend gently.

Working in the bowl of a stand mixer fitted with the whisk attachment, beat the egg whites and salt together on medium-high speed until the whites just begin to turn opaque. Little by little, add the sugar and keep beating until the whites are *marshmallowy* - blowy and white, and when you lift the whisk, they'll form tipsy peaks.

Turn the whites out onto the mascarpone mixture and, using a flexible spatula, lightly fold them in. Thoroughness is less important than gentleness here.

Pour or spoon the mousse into four 1-cup-capacity bowls. Cover the mousse with plastic film and refrigerate for at least 3 hours before serving, making sure to keep it away from foods with strong odors.