



Asparagus and Broccoli Mousse with Radish Vinaigrette

NIBBLEDISH CONTRIBUTOR

Ingredients

- 200 g white asparagus - 150 g broccoli, trimmed and cut into pieces; stems peeled - salt - 1 ts butter - 1 pn sugar - 6 sheets white gelatin - 100 ml whipping cream - 1 tb parsley; minced - 2 tb white wine vinegar - 1 scallion - salt - pepper - 1 pn sugar - 4 tb oil - 3-4 radishes - the tips of the asparagus spears - cress; for garnish - Black pepper; freshly ground

Instructions

I created this recipe for a blog event (IMBB #15). It's a nice starter and I like the colours :-)

For the mousses: Peel the asparagus spears below the buds, cut off the ends and cut the spears into pieces. Put the peels in a small saucepan, add butter, salt and sugar and water to cover, bring to a boil. Cook for 20 minutes, then strain through a sieve set over a bowl, discarding the peels. Put the liquid back into the bowl. Soak the gelatin sheets in a bowl with cold water. Cook the asparagus in the stock, removing the tips with a slotted spoon when they are just tender and set aside. The rest of the asparagus should be really soft. Remove from the liquid and puree. Pass through a sieve, add salt to taste and melt 3 sheets of gelatin in the still hot asparagus puree. Now cook the broccoli in the stock until soft, puree, add salt and pepper to taste and mix with the minced parsley. Stir in the rest of the soaked gelatin sheets. When both purees are beginning to set, whip the cream and separately fold into the purees. Rinse ramekins with cold water, then divide white asparagus puree among them, cover with green broccoli puree. Chill for at least 4 hours, preferably over night.

For the vinaigrette: Trim and finely chop the scallion into fine slices. Cut radishes in slices holding them together, then turn 90 degrees and slice again. Cut reserved asparagus tips diagonally in slices. Make a vinaigrette from vinegar, sugar, salt, pepper and oil, toss with scallions and radishes. To unmold and serve, carefully dip bottom of each ramekin in a bowl of hot water briefly. Run a thin knife around edge of each ramekin to loosen it from the inside of the bowl and invert the mousse onto the plate, carefully lift off ramekin. Divide

vinaigrette around the mousse and sprinkle with cress and freshly ground black pepper.
Note: if don't like it jelly-like, use less gelatin.