



Avocado Mousse with Prawns and Vinaigrette

Serves 8

Ingredients

2 ripe avocados
½ oz (10g) powdered gelatine
5 fl oz (150ml) hot chicken stock
5 fl oz (150ml) soured cream
5 fl oz (150ml) mayonnaise
Juice of half a lemon
1 clove garlic, finely chopped
3oz (75g) peeled prawns
Vinaigrette to serve (see Vinaigrette recipe)
Salt and freshly milled black pepper



Method

You will also need 8 small ramekins, lightly oiled, a pestle and mortar, a 1 ½ pint (850ml) basin and an electric mixer (or balloon whisk, if you need the exercise).

To make the avocado mousse, put 3 tablespoons of stock and the gelatine in a bowl and stand it in a pan of simmering water. Stir until the gelatine is dissolved, then pour into the goblet of a liquidiser with the rest of the stock.

Next, skin and stone the avocados, chop the flesh roughly and add it to the liquidiser (include the darker green part that clings to the skin – this will help the colour). Now add the lemon juice and garlic, and blend until it's completely smooth. Empty the mixture into a bowl and stir in the soured cream and mayonnaise very thoroughly, then season with salt and pepper.

Spoon the mixture into the lightly oiled ramekins, cover them with cling-film and pop them into the fridge to set. When you're ready to serve, slide a palette knife around the edge of each ramekin and ease the mousse away from the sides. Turn the mousses out on to serving plates, top each one of them with some of the prawns and sprinkle some vinaigrette over each serving. Have plenty of crusty bread ready to go with this.