



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Fish Mousse

Serves 2

Ingredients

4oz tinned salmon, tuna or kipper fillets
3 fluid oz whipping cream
2 tablespoons mayonnaise
A little lemon juice
Salt and pepper
2 teaspoons gelatine

Method

Dissolve the gelatine in a little hot water.

Flake the fish, removing any bones or skin; blend if necessary.

Mix well with the mayonnaise and lemon juice and season to taste.

Stir in the gelatine.

Whip the cream until it forms peaks, and fold into the fish mixture.

Pour into a serving dish and place in fridge until set.

