Strawberry Mousse Parfait

Gourmet | June 2003

|  |
| --- |
| Yield: Makes 1 servingingredients1 1/3 cups quartered (frozen) strawberries (from 6 ounces)1 tablespoon sugar1 teaspoon fresh lemon juice3/4 teaspoon unflavored gelatin (from 1 envelope)1 1/2 tablespoons water1/3 cup well-chilled heavy cream3 butter cookies, coarsely crushed (1/4 cup)preparationMash 1 cup quartered strawberries with sugar and lemon juice in a bowl using a fork. Cut remaining strawberries into 1/4-inch dice and reserve.Sprinkle gelatin evenly over water in a very small saucepan and let stand 1 minute to soften, then warm over low heat, stirring until gelatin is dissolved. Stir gelatin mixture into mashed strawberries.Set bowl in a larger bowl of ice and cold water and stir frequently until a spoonful of gelatin mixture holds its shape briefly before dissolving back into mixture, about 5 minutes.Beat cream in another bowl with a whisk until it just holds stiff peaks. Fold 1/2 cup whipped cream into gelatin mixture, then fold in 1/4 cup diced strawberries (reserve remainder for topping).Spoon one third of strawberry mousse into a glass and sprinkle evenly with half of cookie crumbs, then top with half of remaining mousse and all of remaining cookie crumbs. Top with remaining mousse, whipped cream, and strawberries, then chill until set, about 30 minutes. |