



Maple Mousse

Celebrate maple season with this light and fluffy dessert.

Photo by Stephanie Staton
Ingredients

4 eggs

2/3 cup maple syrup, warmed

1 pint whipping cream

1/2 cup powdered sugar

chopped walnuts Preparation

Beat eggs lightly and continue beating while slowly adding syrup. Pour mixture into the top of a double boiler and cook over boiling water, stirring constantly (ideally with a whisk) until mixture thickens, about 8 minutes. (Mixture will look a bit grainy.) Remove from heat and let cool. Beat whipping cream and sugar until stiff and fold into egg-syrup mixture. Pour into parfait dishes and chill until serving. Garnish with chopped walnuts.

Makes four 1-cup servings.