



COOKING WITH THE Q: Eggnog Mousse

When Dr. Maria Keller isn't in the centre of the hustle and bustle of the QCH ED, she enjoys spending time with her family and baking! This recipe for eggnog mousse with a gingerbread streusel base is a staple in Dr. Keller's household and a hit around the holidays.

This recipe makes 6 servings.

Ingredients:

- 125 g gingerbread cookies crushed
- 2 Tbsp unsalted butter melted
- 2 cups heavy whipping cream cold
- 1 cup milk
- 1 cup eggnog
- 6 large egg yolks
- 1/2 cup + 2 Tbsp granulated sugar
- 1 Tbsp + 1 tsp cornstarch
- 2 tsp gelatin 6g or three sheets (depending on size)
- 2 tsp vanilla bean paste or 1 vanilla bean, scraped out
- 1/4 tsp ground nutmeg
- pinch ground cloves
- pinch ground cinnamon

Instructions:

Gingerbread Streusel:

- Pulse cookies in a food processor until coarse. Place in bowl and stir in enough melted butter so that the streusel starts to clump. Spread over parchment lined baking sheet and bake at 350F for 5mins.
- Cool completely and spoon into bottom of jars/bowls.

Eggnog Mousse:

- Place cream into a bowl with a whisk (or whisk attachment) and place in fridge.*
- Sprinkle gelatin over 2 Tbsp cold water and set aside.
- Combine milk and eggnog in a bowl or large measuring cup. Place 1 1/2 cups of the milk/eggnog mixture into a pot with the spices & vanilla bean paste. Cook over medium heat, stirring often, until mixture boils.
- While the mixture is heating, in a medium bowl, whisk the remaining 1/2 cup of the milk/eggnog mixture with egg the yolks, sugar, and corn starch to form a thick paste.
- While whisking vigorously, slowly pour the hot eggnog milk into the egg mixture.
- Return mixture to the pot and cook over med-high heat, whisking constantly, until it thickens and comes to a boil.
- Take off the heat, stir in gelatin until combined.
- Strain into a bowl and place plastic wrap directly on top to prevent a skin from forming. Cool completely (you can use an ice bath to speed the process).
- Whip heavy cream until stiff peaks. Pour the cooled egg mixture over the whipped cream and fold in gently.
- Pipe into mason jars or pour/scoop into bowls. Place in the fridge to set for 1-2 hours.