

# Matcha Mousse

Cooking Lessons with CGJNY

## INGREDIENTS

(Serves for 4-6)



200ml	Milk	5g	Matcha powder
200ml	Heavy Cream	5g	Powdered gelatin
30g	Granulated sugar	30ml	Water
60ml	Warm water (to mix with the matcha powder)		

## Directions

1. Chill the heavy cream with iced water.
2. Combine the gelatin and water. Set aside.
3. Mix the warm water together with the matcha powder until the powder is well dissolved, and set aside.
4. Stir over low heat. Do not let boil. Once the sugar has dissolved, pour in the gelatin mixture and allow that to completely dissolve.
5. Stir the dissolved matcha into the mixture.
6. Remove from heat and strain the mixture through a sieve.
7. Whip heavy cream until it forms soft peaks.
8. Steadily fold the cooled mixture from step 6 into the whipped cream, adding in about 1/4 to 1/3 of the mixture at a time. Fold gently with a rubber spatula to maintain the airy texture.
9. Pour into a container and chill until it is set.



## ENJOY!

You can enjoy this dessert with *azuki* (red beans), *shiratama* (rice flour dumpling), or other toppings of your choice. Please try it!

## MEET THE CHEF MR. YASUHIRO SHIMA



Hello everyone. I am a chef at the Consulate General of Japan Ambassador's Residence.

How did you like Matcha Mousse? Did you fold gently to make it airy texture? Desserts can be very unforgiving. Even if you are precise with ingredient measurements and following the recipes instructions, you can still fail with just a small error in temperature or mixing time. This is why I make an effort to prepare all my ingredients and utensils ahead of time. Of course, this recipe is not that difficult, so please challenge it.