



**Nova Scotia  
Apples**  
*Pick An Original*



Apple Cider Mousse with Mincemeat and Cointreau  
1999 Winner - Blomidon Inn, Keith Bond

- 2 oz water
- 6 oz sugar
- 2 pkg Knox unflavoured gelatine
- 2 eggs
- 14 oz whipping cream (35%)
- 2 oz mincemeat
- 1 apple, peeled, cored & diced
- 4 fan wafers
- 2 tbsp. sugar
- 1 tsp. vanilla
- 4 small rounds of basic sponge cake or pound cake soaked very well in Cointreau

Heat gelatine & apple cider together to reduce to half volume. Cook sugar & eggs in double boiler. Whip 12 oz of cream with vanilla. Whip egg whites. Fold all these together and set aside. In a small, heavy bottom pot, cook mincemeat, water and apple. Simmer until apple is soft. Put 3/4 oz of mincemeat mixture in bottom of champagne flutes. Push soaked cake down firmly on top of mincemeat mixture. Fill flute with mousse & cool 20 minutes. Put remaining whipped cream in piping bag. Push tip of bag down 1/2 inch in mousse and dispense 1/2 oz cream under skin of mousse. Let sit for 1 hour. Serve with fan wafer & a little round of apple peel covering the hole made by bag tip.

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