



MARIMAR ESTATE
VINEYARDS & WINERY

Mousse de Salmón y Aguacate (Salmon and Avocado Mousse)

Best prepared a day ahead.

Serves 8

3 packages (or 3/4 ounce) unflavored gelatin	8 ounces best-quality smoked salmon, cut up
2 tablespoons chopped onion	1 cup heavy cream
1 egg	4 (depending on size, 3 may be enough) ripe avocados
3/4 tablespoon dry mustard	3 tablespoons snipped fresh chives
A pinch of white pepper, or to taste	
1 cup vegetable oil	As a garnish:
1/4 cup lemon juice, or to taste (and a bit more, to brush avocados so they don't darken)	2 tablespoons snipped chives

In a small saucepan, soften gelatin in 3/4 cup water. Gently heat it, just until it is completely dissolved. Set aside to cool a bit (but don't let it get too cold or it will solidify).

In a food processor, blend the onion, egg, dry mustard and white pepper. In a container with a pouring lip, mix the oil and lemon juice together. With the motor running, gradually add this to the food processor bowl; whirl for another 10 seconds. Add the smoked salmon and purée. With the motor running, add the dissolved gelatin. Taste for seasoning; add white pepper if needed and depending on saltiness of salmon, add more lemon juice.

Transfer mixture to a large bowl. Refrigerate until it begins to set on the surface; it should take 15 - 20 minutes (if you find that it has set too much, just whisk it).

Meanwhile, whip the cream until it stands in soft peaks. Cut avocados in half lengthwise, remove the pits and peel them. Cut a slice from both ends of each avocado, so you will be left with just the center part, which has the hole from the pit. (This is just for looks: when you slice into the mousse, you will get a beautiful design of the curved avocado.)

When salmon mixture is ready, fold cream and chives into it. Rinse the terrine with water. Pour some of the salmon mixture into the mold, to about 1 inch. Place 3-4 of the avocado halves, cut side up, in a line down the center of the mousse. Press avocados down, so there will be no air pockets. Cover with some more mousse, to about 1/4 or 1/2 inch over the avocados. Place remaining avocado halves, cut side up, over. Cover with remaining mousse. Plastic wrap mold and refrigerate.

To serve: Pass knife around edges of mold & dip it in a basin of warm water for just a few seconds. Invert the mold onto a cutting board; the mousse should come out easily. Cut into slices served on individual plates, to show the attractive design of the mousse. Decorate with snipped chives.

This mousse is best prepared a day ahead. Cut it right before serving. The avocado slices will darken when in contact with the air, but not if they are encased in the mousse.

Wine Pairing:

Marimar Estate La Masía Chardonnay

Recipe from:

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by Marimar Torres