



Iced berry mousse cake

READY IN



40 min.

SERVINGS



12

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 100 g butter softened
- ☐ 100 g sugar
- ☐ 100 g self raising flour
- ☐ 0.8 tsp double-acting baking powder
- ☐ 1 tsp vanilla extract
- ☐ 2 eggs
- ☐ 500 g poached berries mixed fresh ()
- ☐ 12 servings powdered sugar
- ☐ 3 sheets gelatin powder

- ☐ 3 egg whites
- ☐ 140 g brown sugar
- ☐ 300 ml double cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ cake form

Directions

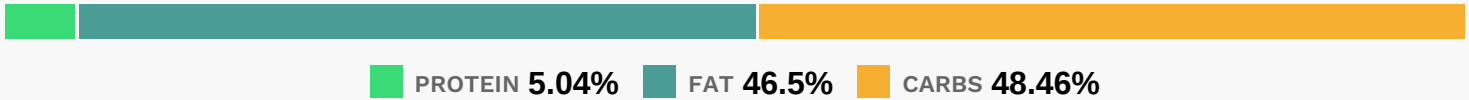
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Beat the butter with the sugar, then beat in the flour, baking powder, vanilla and eggs.
- ☐ Pour the batter into a lined 24cm loose-based cake tin and bake for 30 mins or until risen and cooked through.
- ☐ Remove the cake from the tin and cool on a wire rack, leaving the base paper on the bottom of the cake. When the cake is completely cool, cut it in half horizontally. Clean the tin and line with cling film.
- ☐ Put the top of the cake into the base of the tin.
- ☐ To make the mousse, put the berries in a pan over a low heat and bring gently to a simmer, you shouldn't need any extra liquid as they release juice. Sweeten to taste with icing sugar you want a slightly tart flavour as they will be later mixed with a sweet meringue. Whizz with a stick blender or pop into a blender and pure, then sieve. You should end up with about 250ml pure. Soak the gelatine in water until floppy, stir into the hot berry pure and set aside to cool.
- ☐ Whisk the egg whites to soft peaks, then whisk in the caster sugar in 4 batches. Continue whisking until you have a stiff, glossy meringue. Fold in the berry pure followed by the cream.
- ☐ Pour onto the sponge base, then carefully lay the other piece of sponge on top, paper-side up. Freeze until 40 mins–1 hr before you need it, then remove from the freezer and peel off

the paper.

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Remove the tin and cling film. When you are ready to serve, dust the top with icing sugar.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:9.81, Inflammation Score:-4, Nutrition Score:4.3578260618707%

Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Petunidin: 7.57mg, Petunidin: 7.57mg, Petunidin: 7.57mg, Petunidin: 7.57mg Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg Malvidin: 20.69mg, Malvidin: 20.69mg, Malvidin: 20.69mg, Malvidin: 20.69mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 321.35kcal (16.07%), Fat: 16.98g (26.12%), Saturated Fat: 10.34g (64.62%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 38.48g (13.99%), Sugar: 31.87g (35.41%), Cholesterol: 73.62mg (24.54%), Sodium: 118.82mg (5.17%), Alcohol: 0.12g (100%), Alcohol %: 0.12% (100%), Protein: 4.14g (8.28%), Vitamin A: 636.88IU (12.74%), Selenium: 8.38µg (11.96%), Vitamin B2: 0.14mg (8.33%), Vitamin K: 8.27µg (7.87%), Manganese: 0.14mg (6.99%), Calcium: 54.87mg (5.49%), Fiber: 1.33g (5.3%), Phosphorus: 51.88mg (5.19%), Vitamin E: 0.74mg (4.9%), Vitamin D: 0.55µg (3.66%), Vitamin B5: 0.3mg (3.05%), Copper: 0.06mg (2.82%), Potassium: 95.57mg (2.73%), Folate: 10.94µg (2.73%), Vitamin B6: 0.05mg (2.72%), Iron: 0.44mg (2.45%), Magnesium: 9.08mg (2.27%), Vitamin B12: 0.13µg (2.11%), Vitamin B1: 0.03mg (1.92%), Zinc: 0.27mg (1.81%), Vitamin B3: 0.35mg (1.74%), Vitamin C: 1.19mg (1.45%)