

As featured on SuperTalk Saturday Mornings with Kristi Slaughter

■ The Silky Strawberry Mallow Mousse

Originally inspired by a *My Kitchen Rules* tip on using marshmallows instead of gelatin, Kristi took that spark and made it entirely her own — adding fresh mint, lemon zest, and a signature **"Warm-Blend"** technique for a professional, restaurant-quality finish.



■ Prep: 15 mins

■ Cook: 5 mins

■ Serves: 4



INGREDIENTS

The Strawberry Macerated Garnish

- 1 cup Fresh strawberries, cleaned and cubed
- 2 tbsp Granulated sugar
- 1 tbsp Fresh mint leaves, finely chopped

The Mousse Base

- 1 cup Fresh strawberries, hulled and quartered
- ¼ cup Water
- 2 tbsp Granulated sugar
- ½ tsp Fresh lemon juice
- ½ tsp Lemon zest, finely grated
- 2 cups Large marshmallows, chopped into ¼-inch pieces

The Stabilized Cream

- 1 cup Cold heavy whipping cream
- 2 tsp Confectioners' sugar
- ½ tsp Vanilla extract

INSTRUCTIONS

1. Prepare the Garnish

In a small bowl, combine cubed strawberries, 2 tablespoons of sugar, and mint. Set aside to let the flavours meld.

2. Simmer the Berries

Combine quartered strawberries, water, 2 tablespoons of granulated sugar, lemon juice, and zest in a saucepan. Bring to a light boil over medium heat for 3–5 minutes until soft.

3. The "Warm-Blend" Method

Remove from heat and let cool for 2 minutes. Pour the warm mixture into a blender and purée until smooth. Immediately add chopped marshmallows and blend on high until fully melted. Pour into a large bowl and let it cool completely to room temperature.

4. Stabilise the Cream

In a chilled bowl, begin whipping the heavy cream and the vanilla extract. As it thickens, add the confectioners' sugar. Continue whipping until you reach stiff peaks.

5. The Final Fold

Gently fold one-third of the cream into the cooled strawberry base to lighten it, then fold in the remaining cream using a slow "under-and-over" motion until no white streaks remain.

6. Set and Serve

Spoon into four individual glasses, cover and refrigerate for 2–3 hours. Top with a generous portion of the macerated strawberry garnish before serving.



CHEF'S PRO-TIPS & TROUBLESHOOTING

◆ Why the Vanilla Matters:

Adding the vanilla into the cream provides that nostalgic "strawberries and cream" aroma that beautifully balances the bright citrus of the lemon zest.

◆ The "Warm-Blend" Secret:

This method ensures the gelatin in the marshmallows melts instantly and evenly, avoiding the spongy or lumpy texture found in traditional methods.

◆ Stability is Key:

Confectioners' sugar contains a touch of starch, which prevents the mousse from "weeping" or losing its airiness in the fridge.

◆ Lump Prevention:

If your marshmallows aren't melting, your purée cooled too much. Blend them in while the fruit mixture is still warm to the touch.

THANKS FOR LISTENING! ■

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