

Shopping List

Produce

Grapes (black, or your favorite)

Thyme

Bulk

Sugar

Honey

Eggs

Extra Virgin Olive Oil

Sea Salt

Grocery

Chardonnay

Dairy

Butter

Quark (or Fromage Blanc if you
can find it)

Crème Fraiche

Heavy Cream



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"Sassy Sampler" at
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wordpress.com](http://www.communityfoodcoop.wordpress.com)

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Honey and
Fromage Mousse
with Glazed Grapes



Source: Kevin Gillespie, *Top Chef*,
Season 6 www.bravotv.com

Honey and Fromage Mousse with Glazed Grapes

INGREDIENTS

- 4 egg yolks (room temperature)
- 4 oz honey
- 2 oz Quark or Fromage Blanc (room temperature))
- 1 oz Crème Fraiche (room temperature)
- 1 oz heavy cream (room temperature)
- 1 c black seedless grapes (or your favorite)
- 1 c Chardonnay wine
- 1/2 c sugar
- 2 T butter
- Fresh Thyme (garnish)
- Extra Virgin Olive Oil (garnish)
- Sea Salt (garnish)

INSTRUCTIONS

1. Cook yolks and honey in a double boiler over medium to medium-low heat. Whisk (like crazy) until a solid ribbon* forms—the mixture will get very thick and it will be a slow, solid stream when you lift the whisk from the bowl. This will take 10—20 minutes, depending on how “crazy” you are when you whisk!
2. Remove from heat and allow to cool to room temperature.
3. Once it has cooled, add the Quark/Fromage Blanc, crème fraiche, and heavy cream and mix with your whisk.
4. Season with salt to taste, and pour into serving bowls. Place in freezer for 20—30 minutes until firm (it won’t be fluffy).
5. Bring a pot of water to boil. Score the grape skin and dump into the boiling water for 1 minute. Immediately plunge into an ice bath.
6. Carefully remove all the skin from the grapes and cut in half lengthwise. Reserve.
7. Bring Chardonnay and sugar to a boil and reduce it until it has thickened into a syrup (about 20—30 minutes) stirring occasionally. Make sure it doesn't boil over. Remove from heat.
8. Add butter to a saucepan over medium heat and add the grapes. Add the Chardonnay syrup to the pan and cook until the grapes are

evenly coated and the sauce is bubbling.

To Plate:

1. Remove mousse from freezer.
2. Top each bowl with 4-5 grape halves.
3. Sprinkle fresh thyme over grapes. Drizzle a high quality extra virgin olive oil over the whole dish and finish with a sprinkling of sea salt.

This recipe is from Top Chef, Season 6, Episode 13, Quickfire Challenge.

*ribbon

A cooking term describing the texture of an egg-and-sugar mixture that has been beaten until pale and extremely thick. When the beater or whisk is lifted, the batter falls slowly back onto the surface of the mixture, forming a ribbonlike pattern that, after a few seconds, sinks back into the batter.



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