

Ingredients

- 4 passion fruits, pulp only (approx. 150g)
- 300g (10oz) fresh or frozen raspberries
- 2 leaves gelatine (3.3g) (vegetarian alternatives possible)
- 3 egg yolks (from lion stamped eggs)
- 3 egg whites (from lion stamped eggs)
- 100g caster sugar
- 300ml fresh double cream, softly whipped
- 2 tablespoons of water

Cook along with Chef Ripley in the video demonstration at www.kidneycareuk.org/k-k/raspberry-and-passion-fruit-mousse

Cooking in the kidney kitchen with Chef Ripley

Preparation

1. Cut passion fruits in half and scoop out the pulp
2. Put passion fruit pulp and 250g raspberries into a saucepan and gently heat until raspberries have softened
3. Pass through a fine sieve to remove all the seeds and allow to cool slightly
4. Soak gelatine in water for 5 minutes then squeeze dry and add to the raspberry/passion fruit puree, stirring until the gelatine is dissolved. Leave to one side
5. Whisk the egg yolks and sugar over simmering water until the mixture is thick and pale. Stir in the raspberry and passion fruit puree and gently fold in the softly whipped cream
6. Whisk the egg whites until they form stiff peaks and then gently fold into the mixture
7. Divide between 6 glasses and allow to set in the fridge, covered with clingfilm for 2-3 hours
8. To serve, decorate the glasses with the remaining raspberries and a little sprinkle of icing sugar



Food Facts

Total phosphates per portion – 224mg. Total potassium per portion – 115mg

Healthier option: For people on a weight reducing diet or wanting to reduce the amount of sugar in their diets, replacing the sugar with an artificial sweetener or reducing the sugar to 75g is an option.

Fluid: Some people with kidney problems will be advised to follow a fluid restriction. If you have been advised to reduce your fluid, then please remember that cream and water should be included within your fluid allowance. One portion here works out at 55ml.

Phosphate and potassium: This recipe contains raspberries and passion fruit which contain potassium and some people with kidney problems are advised to restrict their potassium. However, raspberries are lower in potassium than other berries such as strawberries.

Cream is relatively low in phosphate, a mineral some people with kidney problems should limit. This recipe also includes egg which will provide some phosphate. If you are on a phosphate binder, you should take these with this pudding

Food safety and Storage: As the eggs are not cooked thoroughly in this recipe, you need to ensure that pasteurised eggs are used. Avoid this recipe if you are unwell or have any concerns about eating raw eggs, please speak with your dietitian. **This recipe would not be suitable for transplant patients**

Cheaper options: Frozen raspberries will be available all year round and are likely to be cheaper than fresh. Pre-packaged passion fruit pulp is also available in supermarkets and may be cheaper and more convenient to use rather than buying individual passion fruits.