

Nova Scotia Apple Chocolate Mousse with Strawberry Rhubarb Compote

(Serves 4-6)

Nova Scotia Apple Chocolate Mousse

Ingredients:

- 4 large apples peeled & cored (Gala, Honey Crisp, Cortland)
- 2 cinnamon sticks
- 1½ cups of melted dark chocolate

Directions:

Place apple pieces and cinnamon sticks in a pot. Cover with water, bring to a boil. Reduce heat to simmer and cook until apples are soft and clear. Drain apples, remove cinnamon sticks then place in a blender and puree until smooth. Blend in dark chocolate until well mixed. Pour into desired mousse mold. Chill for a minimum of four hours or until set.

Strawberry Rhubarb Compote

Ingredients:

- 1½ cups rhubarb (fresh or frozen) diced
- 1 cup strawberries (fresh or frozen) diced
- 1 cup white sugar
- ¼ cup water
- 2 tbsp lemon juice
- 3-4 tbsp cornstarch
- Cold water (to make a slurry)

Directions:

Place rhubarb, strawberries, sugar, lemon juice and water in a saucepan. Cook on medium/low, simmering the fruit until very tender. Using a whisk, break up the fruit. Increase heat to medium/high. Create a slurry with cornstarch and cold water. Stir cornstarch slurry into simmering compote and return to boil, stirring constantly. Remove from heat and cool completely. Store covered in refrigerator.

To Serve:

Unmold the Apple Chocolate Mousse onto a plate, drizzle the Strawberry Rhubarb Compote around the plate. Garnish with fresh fruit and chocolate. Enjoy!

