

RECIPE



Prosciutto Mousse

(adapted from David Rocco)

Ingredients

- 10 ounces heavy cream
- ½ teaspoon salt
- 14 ounces prosciutto, chopped
- 1/3 cup béchamel sauce...recipe follows
- ½ cup pomegranate seeds

- 2 Tablespoon butter
- 2 Tablespoon flour
- 1 cup milk
- salt and pepper to taste

- 1 box good quality crackers

Whip the heavy cream with the salt until firm, set aside. Add the ham and béchamel sauce to a food processor and blend until creamy. Transfer the ham mixture into a mixing bowl and fold in the whipped cream. Line small serving bowls with plastic wrap and transfer the mixture into the bowls. Let rest in the refrigerator for at least 1 hour. Place the mold upside down on a serving dish and lift away the bowl along with the plastic wrap. Garnish with pomegranate seeds sprinkled all around. Serve with good quality crackers.

Microwave Bechamel Sauce: Melt butter in a 2-cup microwave bowl, covered with a paper towel, for 20 seconds or so on high. Take bowl out of microwave and stir in flour until mixture is smooth. Pour in milk (butter/flour will clump up but that's okay!). Stir as much as you can, then put back in microwave. Microwave in 30 second intervals, stirring after each one...about 1 1/2 minutes. When mixture starts to thicken, start checking and stirring every 20 seconds until it's as thick as you would like. Makes about 1 1/4 cups.

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