

MANSIKKALUMI

(Finnish Strawberry Snow)



What can you do with sugar, whipping cream, and strawberries? Well, lots of things, but one that may not immediately come to mind is Mansikkalumi (Finnish Strawberry Snow). Fortunately, you don't need to be able to pronounce it to eat it, and the latter is something you will definitely want to keep doing once you try it! We found the recipe for this delicious mousse-like dessert in *The Finnish Cookbook* by Beatrice A. Ojakangas. This quick and refreshing treat is one you will be tempted to make again and again, and once strawberry season has come and gone, no worries! The cookbook also includes recipes for Raspberry Snow and Apple Snow. The "snows" are quick desserts to make, and they are relatively low in calories. Serve them immediately after making them, or freeze them to make a very nice sherbet.

1 package (1 tablespoon) unflavored gelatin
1/4 cup water
2 cups crushed strawberries
4 egg whites
1/2 cup sugar
1 cup heavy cream, whipped
Whole strawberries for garnish

Soften the gelatin in the water. Heat 1 cup of the crushed strawberries to the boiling point, and stir in the gelatin. Chill until syrupy. Beat the egg whites until stiff, adding the sugar to them gradually. Fold the egg white mixture into the cooled strawberry-gelatin mixture. Fold in the remaining cup crushed strawberries. Fold in the whipped cream and serve immediately, garnished with the whole strawberries. Or, turn into ice cream tray and freeze. Serves 6 to 8