

## Creamy Cherry Mousse: A Simple, Silky Dessert for Any Occasion

To create this silky masterpiece, you will need the following items:



**TIME**  
**5 min**

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### INGREDIENTS

For the Cherry Mousse:

**Cherry Juice or Puree (1 cup):** Use a high-quality tart cherry juice for the best flavor profile.

**Sugar (2 tablespoons):** You can adjust this depending on how sweet your juice is.

**Gelatin Powder (2 teaspoons):** This provides the structure that gives the mousse its "lift."

**Cold Water (2 tablespoons):** To bloom the gelatin.

**Heavy Cream (1 cup):** Must be very cold to whip into stiff peaks.

For the Toppings:

**Sweetened Whipped Cream:** For that classic bakery-style finish.

**Fresh Cherries:** Keep the stems on for a professional, elegant look.

### DIRECTIONS

- 1. Bloom the Gelatin:** Start by pouring the 2 tablespoons of cold water into a small bowl. Sprinkle the gelatin powder over the top and let it sit for about 5 minutes. This process, called "blooming," ensures the gelatin dissolves smoothly without lumps.
- 2. Heat the Cherry Base:** In a small saucepan, combine your cherry juice and sugar. Place over medium heat and stir until the sugar is completely dissolved. You want the liquid to be hot to the touch, but do not let it reach a boil, as excessive heat can weaken the thickening power of the gelatin.
- 3. Incorporate Gelatin:** Remove the juice from the heat and stir in the bloomed gelatin. Whisk gently until the gelatin has completely melted into the liquid. Pour the mixture into a clean bowl and let it cool to room temperature. It should be cool but still liquid before you move to the next step.
- 4. Whip the Cream:** In a separate, chilled glass or metal bowl, pour in your cold heavy cream. Use a hand mixer or stand mixer to whisk the cream until soft peaks form. You want it to be thick and hold its shape, but still look smooth.
- 5. Fold and Combine:** This is the most important step! Gently fold the cooled cherry mixture into the whipped cream using a spatula. Do not stir vigorously, or you will deflate all the air you just whipped into the cream. Fold until the color is uniform and the mixture is smooth.
- 6. Chill and Set:** Pour the mousse into individual dessert glasses or one large serving bowl. Place them in the refrigerator for at least 2-3 hours. This gives the gelatin time to set and the flavors time to meld.

7. Garnish and Serve: Just before serving, top each glass with a generous swirl of whipped cream and a fresh cherry.

## SWAPS & NOTES

**The Juice:** If you want a more textured dessert, you can use a cherry puree made by blending fresh or frozen pitted cherries and straining them through a fine-mesh sieve.

**The Sweetener:** If you are watching your sugar intake, honey or agave nectar work well, though they may slightly alter the floral notes of the cherry.

**Dairy-Free Option:** While I haven't tested it personally for this specific recipe, full-fat coconut cream (chilled overnight) can often be substituted for heavy cream for a vegan-friendly version.

**Gelatin Tip:** If you are using gelatin sheets instead of powder, use 121 sheets and follow the manufacturer's instructions for softening.

## TIPS FOR SUCCESS

**Temperature Matters:** Ensure your cherry mixture is truly at room temperature before adding it to the cream.

If it's too hot, it will melt the whipped cream; if it's too cold, the gelatin will set into rubbery bits before it's mixed.

**Chill Your Tools:** For the fluffiest whipped cream, put your mixing bowl and beaters in the freezer for 10 minutes before using them.

**The "Fold" Technique:** Use a "figure-eight" motion with your spatula to fold.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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