

# Harvest pumpkin mousse

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Serves 4



## INGREDIENTS

35 oz. Pumpkin  
1 ½ c. Water  
½ tsp. Fiberagar® (powder)  
Salt  
Olive oil  
White pepper  
Spring onion leaves for decoration



## PREPARATION

1. Peel and chop the pumpkin into pieces. Boil the pieces in plenty of water, add salt, and cook until they become soft.
2. Remove pumpkin pieces and reserve 1 c. of the same water used for boiling. Reheat this water and once it starts to boil, add FIBERAGAR®. Stir and continue to boil for two minutes.
3. Crush the pumpkin pieces, add salt and pepper as well as the olive oil to taste. Add the water with FIBERAGAR® to the pumpkin mixture (reserve a little amount of water for final decoration), mix well and pour into ramekins.
4. Once it has settled, place on top a small piece of spring onion leaf and cover with the water that had been previously set aside.