



Lemon Mousse Cake



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Lemon Mousse Cake

Introduction

Indulging in a slice of Lemon Mousse Cake is like experiencing a burst of sunshine on your palate. This delightful dessert features layers of luscious lemon curd and light whipped cream gracefully sitting atop a soft sponge cake. Its refreshing flavor makes it perfect for spring and summer celebrations, ensuring that it will leave an impression on any guest. Whether you're hosting a garden party or simply want to treat yourself, this cake is a must-try!

Ingredients

For the Sponge Cake:

- 6 large eggs, room temperature
- 1 cup white sugar
- 1 tbsp vanilla extract
- 1 cup all-purpose flour, sifted
- 2 tbsp melted salted butter
- 2 ounces Limoncello Liqueur (optional, for soaking)

For the Lemon Curd:

- 6 egg yolks, lightly beaten
- 1 cup sugar
- 1 cup fresh lemon juice
- Zest of two lemons
- 1/2 cup butter, cut into small pieces

For the Lemon Mousse:

- Batch of chilled lemon curd (from above)
- 2 cups whipping cream
- 2 tbsp powdered sugar

- 1 tsp vanilla extract

For the Vanilla Whipped Cream:

- 1 cup whipping cream
- 1 tsp vanilla extract
- 1 tbsp powdered sugar

For the Candied Lemon Peel (optional):

- 1/2 cup white sugar
- 1/2 cup water
- Peel of one lemon
- 1/2 cup additional sugar for rolling

Prep Time

Approximately 30 minutes

Cook Time

Approximately 1 hour

Total Time

At least 3 hours (including chilling)

Yield

1 10-inch cake, serves about 10-12 people

Instructions

To Prepare the Sponge Cake:

1. Preheat the oven to 325°F (160°C). Line the bottom of a 10-inch springform pan with parchment paper, but do not grease the sides. This will help the cake rise properly.
2. In the bowl of an electric mixer, beat the eggs, sugar, and vanilla extract on medium-high speed for about 10 minutes until foamy and pale.
3. Reduce the mixer speed to medium-low and gradually sprinkle in the sifted flour until fully incorporated.
4. Take 1-2 cups of the batter and mix it with the melted butter. Gently fold this back into the main batter, being careful not to deflate it.
5. Pour the batter into the prepared pan and bake for about 45 minutes, or until the top springs back when lightly pressed.
6. Allow the cake to cool completely in the pan for at least 2 hours. Carefully run a sharp knife around the edges before removing the sides of the springform pan.

To Make the Lemon Curd:

7. In a saucepan, combine egg yolks, sugar, lemon juice, and zest. Cook over medium-low heat for about 10 minutes, stirring constantly until thickened.

See also Turkey Bacon Ranch Sliders

8. Remove from heat and stir in butter until smooth. Chill completely in

the fridge.

To Make the Lemon Mousse:

9. Whip the whipping cream, powdered sugar, and vanilla extract to firm peaks. Gently fold half of the chilled lemon curd into the whipped cream until well blended. Reserve the remaining lemon curd for topping the cake.

To Construct the Cake:

1. Place the cooled sponge cake back in the springform pan. If using, sprinkle the Limoncello liqueur over the cake.
2. Add the prepared lemon mousse on top of the cake and chill for several hours or overnight until set.
3. Once chilled, run a knife around the edge of the mousse and carefully slide the cake onto a serving plate.
4. Spread the reserved lemon curd evenly over the top of the cake.
5. Pipe or dollop vanilla whipped cream around the edge and garnish with candied lemon peel if desired.

To Prepare the Candied Lemon Peel (Optional):

1. Cut a lemon into thick slices and remove the flesh, keeping the peel.
2. In a saucepan, bring sugar and water to a simmer, then add the lemon peels.
3. Simmer for 15-20 minutes, then remove the peels and drain. Toss the sticky peels in additional sugar until cooled.

Enjoy Your Lemon Mousse Cake!

This dessert is a delightful combination of flavors and textures, perfect for any occasion!



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Detailed Directions and Instructions

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See also Apple sponge cake

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Notes

Storage:

This cake can be stored in the refrigerator for up to 3 days. Keep it covered to maintain freshness.

Serving Suggestions:

Serve chilled, and consider pairing with fresh berries or a scoop of vanilla ice cream for added flavor.

Tip for Separation:

If you find it difficult to remove the sides of the springform pan, gently warm the sides with a kitchen towel dipped in hot water to loosen the mousse.



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Cook Techniques

Egg Beating

Incorporating air into egg whites and yolks is crucial for achieving a light and fluffy sponge cake. Beat until foamy and pale for maximum volume.

Sifting Flour

Sifting flour helps aerate it and removes lumps. This is especially important in baking to achieve a smooth and airy texture in the batter.

Folding

Gently folding the whipped cream into the lemon curd maintains the airy texture necessary for the mousse, preventing it from deflating.

Chilling

Allow the mousse to chill for several hours or overnight to set properly. This helps the flavors meld together and enhances the cake's overall texture.

See also [Blueberry Banana Bread](#)

Candied Peel Preparation

Simmering lemon peels in sugar syrup not only preserves but also sweetens and softens them, creating a decorative and flavorful garnish.

FAQ

Can I use store-bought lemon curd instead of making my own?

Yes, store-bought lemon curd can be a convenient alternative if you're short on time.

How do I ensure my sponge cake doesn't stick to the pan?

Line the bottom with parchment paper and avoid greasing the sides to allow the cake to rise properly.

Is Limoncello necessary for soaking the sponge cake?

No, Limoncello is optional and can be omitted if you prefer a non-alcoholic dessert.

How can I store leftover lemon mousse cake?

Store in an airtight container in the refrigerator for up to three days.

Can I substitute lemon with other citrus fruits?

Yes, you can use other citrus fruits like lime or orange for a different flavor profile. Adjust the amount of sugar based on the sweetness of the fruit.



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Conclusion

The Lemon Mousse Cake is a stunning and refreshing dessert, perfect for warm weather gatherings and celebrations. Its layers of fluffy lemon mousse and creamy lemon curd, combined with the light sponge cake, create a delightful treat that will not only satisfy your sweet tooth but also impress your guests with its elegant presentation. Whether for a birthday, holiday, or simply a weekend delight, this cake is sure to become a favorite in your dessert repertoire.

Classic Vanilla Cake

Pair the lightness of lemon mousse with a classic vanilla cake base for a traditional flavor combination that never goes out of style.

Mixed Berry Compote

Top your lemon mousse cake with a fresh mixed berry compote for a fruity twist that adds both color and flavor.

Coconut Whipped Cream

Swap out regular whipped cream for coconut whipped cream to introduce a tropical flair that complements the citrusy lemon.

Chocolate Ganache Drizzle

Add a rich chocolate ganache drizzle on top for those who enjoy the combination of citrus and chocolate, creating a decadent dessert experience.

Pistachio Crust

Consider making a pistachio crust instead of the traditional sponge cake

for added texture and a nutty flavor that pairs wonderfully with lemon.

Frozen Lemon Delight

Transform this recipe into a frozen lemon mousse for a cool and refreshing dessert option, ideal for hot summer days.

Herbal Infusions

Infuse your lemon mousse with fresh herbs like basil or mint for an unexpected depth of flavor that will surprise and delight your palate.



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