

## Avocado mousse with Ikura (Salmon roe)

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Avocado mousse is here in a light and firm texture with agar-agar.

It is different from the very creamy guacamole like, we use to pair avocado with anything .

It is possible to use it in cubes for sashimi or cocktail brochette .

To add spicy tea increases the diversity to use it from breakfast to a late snack .

### *Ingredients:*

Avocado Mousse

1 ripe avocado

¼ cup spring water

¼ tsp agar-agar powder

¼ cup ginger turmeric tea

3oz small jar of Salmon roe Ikura

1lemon juice

### *Directions :*

In a small bowl pour ¼ tsp of agar-agar powder, add 2 tbsp of water. Let the seaweed hydrate.

In a small pan pour ¼ cup of water . heat to a boil , then add the mixture of agar-agar , whisk to be sure the powder is not clumsy, keep boiling 3 minutes, add some spicy tea, or lemon juice , let it cool on the table .

Peel and cube the avocado add it in a blender add the mixture agar-agar with tea.

Blend all at high speed.

Add some seasoning at your convenience before pouring in glass cups.

Let it cool for few hours.

Add a tbsp. of Salmon roe on the top and some lemon juice before serving

Nutrition : Salmon roe (Ikura) - Serving Size 1 oz (28g)

Cal 70 Cal from fat 33

Total fat 4 g Saturated Fat 1g Trans fat 0g

Vitamin A 3% Calcium 2% • Iron 3%

Omega-3s 1455mg EPA 583mg DHA 682mg