

# Make someone's night by making a mousse

**Gail Ciampa**

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Growing up, it was always a good night when my mother made chocolate mousse for dessert.

Though she studied home economics in high school, she was part of a generation that loved using box mixes. My memory is she made her mousse with a box of Dream Whip back in the 1960s and '70s.

The "Whipped Topping Mix" was, and is still, a quick and easy way to create a dessert with a packet of powder. It makes whipped topping, not whipped cream, because there's no cream.

She used a recipe on the box. But then I think the company added a chocolate mousse variety for a while that was even easier to make. Either way, I have only the most delicious of memories about it.

The vanilla mousse recipe comes with a versatile praline topping. But you can simplify by putting the mousse in a lovely glass and serving with a dollop of whipped cream.

Mousse can be made by folding beaten egg whites into cold milk with sugar. Since it's chilled to serve, not cooked, you'll probably want to use an egg white substitute for food safety.

Make someone's night by making a mousse. They will remember it.

## Hemenway's white chocolate mousse

Serves 8.

2½ cups heavy cream, divided

8 ounces white chocolate, chopped

½ cup egg whites (see note)

1½ teaspoons Knox gelatin powder

1 tablespoon cold water

¼ cup granulated sugar

Shaved dark chocolate for garnish

10 strawberries

10 fresh mint sprigs

Equipment: A piping bag

**Whip 2 cups of the cream** just until it begins to form soft peaks.

Bring ½ cup cream to a boil in a saucepan and pour over the chopped white chocolate in a mixing bowl. Mix thoroughly until smooth and set aside.

Dissolve the gelatin in water and gently warm over double boiler to liquefy. Pour warmed mixture into the chocolate mixture and blend until combined and set aside.

Fold approximately ¼ cup of whipped cream into the chocolate mixture to lighten and aerate. Gently fold remaining cream into chocolate mixture. Do not over-mix.

Allow egg whites to come to room temperature. Slowly begin whipping egg whites, gradually building speed until they form soft peaks. Slowly add the sugar and whip to medium peaks. Be careful not to over-whip the whites or they will become granular.

Gently fold a spoonful of the whipped whites and chocolate mixture together until just combined, being careful not to over-mix. Fold in remaining whites until just combined and refrigerate for 4 to 6 hours until firm.

Using a piping bag, fill wine or martini glasses and sprinkle with shaved chocolate. Garnish with strawberry sliced into a fan and a sprig of fresh mint. Cover with plastic wrap and chill until ready to serve.

Note: Use an egg white substitute such as Better 'n' Egg Whites found in the dairy case at the grocery store.

*Shared by Hemenway's Restaurant in Providence, Rhode Island, in 2006. It's no longer on the menu.*

## Pot au Feu vanilla mousse

### with praline sauce

Serves 5.

#### To make the vanilla mousse

¼ cup plus 2 tablespoons heavy cream

¼ vanilla bean, split and scraped

2 egg yolks

3 tablespoons sugar

1 teaspoon gelatin bloomed in 1 ounce of cold water

2 tablespoons vanilla extract

¼ cup egg white substitute

Pinch cream of tartar, optional

3 tablespoons sugar

1 pint heavy cream

¼ cup sugar

**Heat 5 ounces of heavy cream** with the vanilla bean, which has been split and scraped. Whisk egg yolk and sugar until light and fluffy. Add hot cream slowly to egg yolks. Return to heat.

Add gelatin and heat to 165 degrees, stirring constantly. Strain and add vanilla extract, cool to 90 to 100 degrees.

Whisk whites with cream of tartar until foamy. Add sugar slowly until stiff peaks are formed. Fold into egg yolk mixture.

Whip heavy cream and add sugar gradually. Fold into mixture and pipe into glasses.

Refrigerate 2 to 4 hours until set.

May be made a few days in advance.

#### Praline sauce

1 cup sugar

½ cup water

1 ounce bourbon or brandy

½ cup almonds

½ cup pecans

**Heat 2 ounces of water** and 1 cup sugar

until it turns dark brown in color. Add nuts and remove from the stove. Add water slowly at first while stirring. Add bourbon. Put back on heat if sugar does not dissolve completely.

Cool and spoon over vanilla mousse.

Chef's note: Can be made several days in advance. Store at room temperature

*Shared by Providence's Pot au Feu Bistro in 2003 when the dessert was on the menu.*

## Cranberry mousse

Serves 8.

4 cups fresh or frozen cranberries

1½ cups sugar

¾ cup water

1½ teaspoons unflavored gelatin powder

1 tablespoon lemon juice

3 tablespoons orange juice

1½ cups heavy cream

1 teaspoon vanilla

3 tablespoons confectioners sugar

**Combine cranberries, sugar and water**, bring to a boil, simmer for 15 minutes, then puree until smooth in blender or food processor.

Combine gelatin with lemon and orange juice; mix with the warm cranberry puree. Cool by setting bowl over a pan of ice; stir occasionally during cooling.

Combine cream, vanilla and confectioners sugar; whip until firm, then fold the whipped cream into the cooled cranberry puree. Spoon into individual serving dishes (stemmed glasses are pretty). Refrigerate until ready to serve. Garnish with a sprig of mint, and if desired with chocolate curls (run a vegetable peeler over a bar of chocolate) or whipped cream.

*Shared by chef Kenneth D. Wollenberg, a Johnson & Wales University instructor, in 1997.*

## Swimming

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### Boys 100 butterfly

Winner: Charley Page-Jones (Churchill) 47.63

Locals: 4. Maverick Macalino (North Bend) 52.61; 6. Finley Cheal (North Bend) 54.71; 8. Evan Dickens (Willamette) 55.96; 9. Joseph Simmons (Willamette) 57.89.

### Girls 100 freestyle

Winner: Helena Jones (Wilsonville) 49.83

Locals: 2. Gentry Hagedorn (Central) 53.88; 3. Jossy St. Clair (Willamette) 55.49; 6. Grace Oster (Willamette) 57.33; 10. Emily Waddell (Springfield) 59.56.

### Boys 100 freestyle

Winner: Luke Milburn (West Albany) 46.37

Locals: 3. Joshua Phillips (Willamette) 48.37; 6. Benjamin Thompson (North Eugene) 50.03; 10. Kellen Hayter (Silverton) 51.77; Dylan Matthesen (North Eugene) 52.82.

### Mixed 100 freestyle para-athlete

Winner: Adam Smith (Pendleton)

1:26.50

### Girls 500 freestyle

Winner: Vivi Criscione (Crescent Valley) 5:04.12

Locals: 5. Taylor Hagedorn (Central) 5:20.65; 7. Lonny Stork (Dallas) 5:27.67; 11. Rebecca Witharm (North Bend) 5:38.80.

### Boys 500 freestyle

Winner: Thomas Olsen (Parkrose) 4:36.73

Locals: 5. Evan Dickens (Willamette) 5:04.29; 8. Makani Buckley (Silverton) 5:14.76; 11. Trenton Parrott (North Bend) 5:37.39.

### Girls 200 freestyle relay

Winner: Redmond 143:09

Locals: 3. Springfield (McKenzie Galloway, Saryah Judish, Anh Roemen, Emily Waddell) 1:45.50; 4. Willamette (Emily Phillips, Lilly Hughes, Jossy St. Clair, Grace Oster) 1:45.95; 8. Central (Kaitlyn Landis, Sarah Cooper, Gentry Hagedorn, Taylor Hagedorn) 1:48.48; 9. Silverton (Catherine Hyde, Libby Grogan, Cordelia Bay, Lucy Fronza) 1:48.59.

### Boys 200 freestyle relay

Winner: West Albany 1:28.23

Locals: 4. Silverton (CJ Hollis, Grant Nealson, Makani Buckley, Kellen Hayter) 1:34.66; 7. Churchill (Wiley Rhoads,

Bennett Krupka, Aidan Bolton, Charley Page-Jones) 136.57.

### Girls 100 backstroke

Winner: Kylie Taylor (Churchill) 56.67

Locals: 2. Catherine Hyde (Silverton) 58.25; 6. Jossy St. Clair (Willamette) 1:01.02; 7. Cassandra McLennan (Springfield) 1:02.44; 10. Libby Grogan (Silverton) 1:04.03; 11. Emily Ashton (Churchill); 12. Saryah Judish (Springfield) 1:04.76.

### Boys 100 backstroke

Winner: Marcus Gentry (Crater) 47.45

Locals: 7. Joseph Simmons (Willamette) 1:00.59.

### Girls 100 breaststroke

Winner: Kelsey Wasikowski (Churchill) 1:02.73

Locals: 5. Grace Oster (Willamette) 1:11.33; 10. McKenzie Galloway (Springfield) 1:15.81; 11. Gillian Baxter (North Bend) 1:16.57.

### Boys 100 breaststroke

Winner: Kyle Milburn (West Albany) 1:01.79

Locals: 3. Dylan Matthesen-Johnson (North Eugene) 1:02.98; 4. Vasili Karatzas (Dallas) 1:03.20; 12. Timothy Pelkey (Willamette) 1:09.05.

### Girls 400 freestyle relay

Winner: Churchill (Lauren Larsen, Emily

Ashton, Kylie Taylor, Kelsey Wasikowski) 3:35.65

Locals: 5. Central 3:59.18 (Kaitlyn Landis, Sarah Cooper, Gentry Hagedorn, Taylor Hagedorn); 8. North Bend (Emma Slade, Morgan Hoafs, Gillian Baxter, Rebecca Witharm) 4:02.54.

### Boys 400 freestyle relay

Winner: Crescent Valley 3:13.78

Locals: 3. North Bend (Trenton Parrott, Henry Hood, Finley Cheal, Maverick Macalino) 3:30.34; 4. Silverton (Makani Buckley, Dalton Buller, CJ Hollis, Kellen Hayter) 3:31.48; 5. Willamette (Evan Dickens, Timothy Pelkey, Joseph Simmons, Joshua Phillips) 3:33.21; 7. Churchill (Aidan Bolton, Bennett Krupka, Wiley Rhoads, Charley Page-Jones) 3:35.50.

### Girls team standings

Champion: Churchill 60

Locals: 5. Central 20, 5. Willamette 20, 8. Springfield 13, 10. Silverton 8, 15. Dallas 3, 18. North Bend 1.

### Boys team standings

Champion: Crescent Valley 65

Locals: 6. Willamette 17, 7. North Bend 16, 8. Churchill 14, 10. Silverton 12, 12. North Eugene 5, 14. Dallas 3.

## OSAA

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was: 4A (901-plus average daily matriculation), 3A (326-900), 2A (116-325) and 1A (115 or fewer).

"I think that's why the committee made the recommendations that they did, because it had been so long since any significant changes were made," OSAA executive director Peter Weber said. "Over time, the (enrollment) spread within the classification got so significant."

They decided the best way to expand was to split the old 4A and 2A, which had the biggest enrollment spreads, into two classes each to create six total classifications.

"The committee thought that was the way to go to address the competitive balance issues," Weber said.

In 2006-07, the first school year with six classifications, the breakdown was: 6A (1,521-plus), 5A (851-1,520), 4A (401-850), 3A (236-400), 2A (116-235), 1A (115 or fewer).

As a result, the old Valley League was split, with the six Salem-Keizer schools joining Redmond in the 6A Central Valley Conference, and the Albany and Corvallis schools joining Silverton, Dallas, Woodburn and Lebanon in the 5A Mid-Willamette Conference.

McNary girls basketball coach Elizabeth Doran, a 2005 Crescent Valley graduate, said she enjoyed the old Valley League.

"There wasn't a feeling (that we couldn't compete) during my experience there. I liked competing at the highest level," Doran said. "I don't remember any of us wanting to move to a lower classification."

Redmond left the conference in 2010. Then in 2014, the Salem-Keizer teams were with McMinnville, West Albany and Forest Grove in the Greater Valley Conference.

In 2018, Salem-Keizer's schools, except North Salem, combined with Bend, Mountain View and Summit to form the Mountain Valley Conference.

Starting in this fall, Salem-Keizer will be alone in the Central Valley Conference, except McKay, which opted to play down at 5A.

Doran said the new league feels too small.

"I know it's different by sport, but in girls basketball, I know that Crescent Valley, Corvallis and Silverton would do well in a league with Salem," Doran said. "I think a five-class system would be a better option than just having our five schools in a league."

A change in determining the size ranges for the



**Kennedy football players accept the 2018 championship trophy.** ANNA REED/STATESMAN JOURNAL

2022 classifications helped determine the smaller league: 6A (1,005-plus), 5A (608-1,004), 4A (311-607), 3A (146-310), 2A (75-145) and 1A (74 and fewer).

There's hope this new league will remain consistent, at least for a while.

Weber said the classification and districting committee and the OSAA executive board try to make long-term solutions every cycle.

"I think the goal always is to have a long-term solution if you can," he said. "Nobody wants to be making wholesale changes every four years."

### Is a 5-classification a realistic option?

The big issue for Salem-Keizer schools in a six-classification system is there aren't other 6A schools in the area to combine with in a league.

"We really have no home, except with ourselves. As for a long-term solution, we don't have one right now," Larry Ramirez, director of high school education for Salem-Keizer Public Schools, said. "The schools and leagues north of us are complete and have what they need, and the schools south of us pretty much have what they need. So we're kind of left on an island."

During this last reclassification process, there were two proposals for a five-classification system.

One put the Salem-Keizer schools in a league with Silverton, West Albany and South Albany. The other one also had the Bend schools in the league.

But were those proposals seriously considered?

"I think they were," Weber said. "A five-class system

was looked at and discussed, but ultimately they recommended staying at six."

Ramirez, who is a 6A/5A/4A at-large representative on the OSAA executive board, said there was not support for making such a significant change.

"There are a lot of schools that support the five-class model, us being one of them because of that ability to make our league a lot more robust," Ramirez said. "During the pandemic and these hard times, they didn't want another big change."

### How Silverton could fit in

Silverton, which was a 4A team the last time the OSAA had a four-classification system, has been at 5A during the entire time of a six-classification.

Whenever five-classification systems are proposed, they put Silverton in the same league as Salem-Keizer schools.

How would the Foxes do at the highest level?

In the fall, Silverton won the 5A football state championship and went 1-1 against 6A teams, beating Grant 41-7 and falling 35-28 to Tualatin, which finished as the 6A state runner-up.

"I think we would be very competitive and successful in that league (with the Salem-Keizer schools)," Jordan McCarty, who was the senior quarterback for the Foxes, said. "We have a lot of hard workers, and we have a great culture across our sports."

During the pandemic basketball season last year, Silverton's boys basketball team went 6-1 against Salem-Keizer's teams, going 1-1 against Sprague and sweeping the other five. Silverton's girls went 4-0 against Salem-Keizer teams, beating Sprague, South Salem, West Salem and McNary.

"It was really fun to compete against them last year. I think year to year, we would be able to compete pretty well against those teams," Silverton boys basketball coach Jamie McCarty said. "If you were just talking basketball, I'd love to see us compete at the highest level all the time. But if you're looking at all the programs across the board, we are probably where we need to be."

Weber said the OSAA's board and committees will continue to explore multiple options in the future.

"Going from six (classes) to five, obviously there would be some ripple effects to each classification," he said. "But moving forward, a five-classification option will continue to be looked at."