



Melita Station Inn & Spa
- **THE ENGLISH BED & BREAKFAST EXPERIENCE**
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“SCOTTISH CROWDIE” YOGURT MOUSSE WITH SEASONAL FRUIT

1 packet gelatine (plus a little boiling water to dissolve)

1 cup sour cream + 1 cup yogurt

½ cup fresh home-made granola (see recipe below)

¼ cup (or more if preferred) honey

1. Make granola ahead of time. Grind in a blender for a few seconds to make finer (pieces should be no larger than 1/10 inch)
2. Dissolve gelatine in a ¼ cup boiling water. Stir well and leave to cool slightly
3. Mix the sour cream and yogurt together. Sweeten to taste with the honey. Add a few drops of fruit flavoring or fruit puree to taste. For example raspberry to serve with fresh raspberries; banana to serve with fresh strawberries. (In Scotland they would add some nut essence to complement the local raspberries)
4. Stir the mixture rapidly with a fork whilst adding the warm gelatin solution
5. Fold in the granola
6. Line a 9 inch cake pan with cling film (Saran wrap), and pour mixture in. Chill in the fridge for at least 2 hours or overnight
7. Remove from pan and cling film. Slice and swerve with fresh seasonal fruits or a fruit coulis (fruit and sugar liquidized together just before serving)

Requires some Home-made Granola (yields 6 cups)

4 cups of regular rolled oats

¾ cup firmly packed brown sugar

Choose ¼ cup of 4 out of the following ingredients

Almonds, Pecans, Cashews, Walnuts, Coconut, Plus dried apricots, dates or other dried fruits

¼ cup vegetable oil

½ cup honey

1. Heat together honey and oil. Place dry ingredients in a large mixing bowl. Pour over the liquid and stir in until all the dry mix is moistened
2. Grease two 14 by 17 baking sheets and divide mixture between them spreading evenly.
3. Bake at 325 F for 15 to 20 minutes stirring several times with a wide spatula. Remove from oven to cool, and stir regularly to avoid sticking.
4. Store for several weeks in an airtight container in a cool dry place.