



Chocolate Mousse



Makes

4 - 6



Prep Time

10 - 15 mins



Cook Time

5 mins

A classic dessert and with good reason! I love that you can make it ahead and make them as big or as small as you like. This mousse has a super aerated texture -the bubbles disappear as the mousse melts in your mouth! Please be mindful that this recipe contains raw eggs & therefore is not suitable for everyone.

Ingredients

**140gms dark chocolate
(70%)**

60gms milk chocolate

**120mls thick / whipping
cream**

3 eggs, separated

**Berries or cherries to
serve, optional**

Method

1. Fill a medium saucepan with an inch or so of water and bring to a simmer.
2. Break the chocolate into small-ish pieces and place in a large bowl over the simmering water, making sure the water doesn't touch the bottom of the bowl. Stir the chocolate every now and then. Carefully remove the bowl from the heat once the chocolate is nearly all melted, and stir until fully melted; set the bowl aside.
3. In a separate bowl, whip the cream until soft peaks just form. Set aside.
4. In a separate bowl again, whip the eggwhites until stiff peaks just form. Set aside.
5. In a small bowl, lightly beat the egg yolks with a fork to make them one cohesive mixture.
6. With an electric beater on high, gradually pour the egg yolks into the chocolate and beat really well to combine.
7. Fold in the cream until the mixture is uniform.
8. Gently fold in the egg whites until the mixture is again uniform.
9. Divide the mixture between glasses of your chosen size - martini glasses look SUPER fancy - and refrigerate for at least 2 hours.
10. Garnish with berries to serve if desired.



Notes & Serving Suggestions

- I like this recipe best with good quality eating chocolate rather than cooking chocolate. I use Lindt - this isn't a paid partnership but if anyone from there happens to be reading this, I'm open to a discussion!
- This recipe can be made up to a day in advance.
- You can play with the combination of milk and dark chocolate as suits your taste.
- The trick to the texture is firstly, not to beat the egg yolks in while the chocolate is too hot or too cold. Too hot the eggs will scramble; too cold they will not emulsify. I found that the time it takes to whip the cream and prepare the egg whites etc is just about right! Second trick is to gently fold in the whites. While this is a super quick recipe; don't rush this bit!



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