



Mousse au Chocolat

INGREDIENTS

- 165g Dark Chocolate
- 14g Butter
- 4 Eggs
- 100ml Thickened Cream
- 45g Icing Sugar Mixture
- 1 pinch Salt
- 160g Raspberries (or berry of choice)
- 2 Tbsp Salted Caramel Pearls (or chocolate shavings) for decoration



Serves: 4



Prep Time: 5 min



Cooking Time: 15 min

METHOD

1. Separate egg whites from egg yolks.
2. Whip cream with Icing sugar until soft peaks form and set aside.
3. In a separate clean bowl, beat egg whites with a pinch of salt until firm peaks and set aside.
4. Break the chocolate into small pieces in a medium bowl and melt with butter in a double boiler at a low simmer, stirring occasionally. Once the chocolate is almost melted (with small lumps left), mix with a large rubber spatula, pour into another bowl, and continue to stir while cooling. Add egg yolks at room temperature one by one to the melted chocolate while mixing.
5. Stir the whipped cream in the chocolate/egg yolks mixture.
6. Gently fold egg whites into the main mix with the spatula (do not stir).
7. Arrange half of the raspberries at the bottom of four serving glasses and divide the mousse between them. Cover glasses with plastic film and refrigerate for at least two hours. Decorate the mousse's top with the remaining fresh raspberries and salted caramel pearls before serving. Enjoy.

Special Notes: If Refrigerating mousse overnight, let it stand at room temperature for 5 minutes before serving, for better results. You can also top with Caramel Chocolate chantilly cream.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

