


French Chocolate Mousse

Mousse au chocolat

 4 people

 15 mins prep time

 2-3 hours total time

 Easy

INGREDIENTS

- 1 $\frac{1}{4}$ cup (200 g) chopped dark (50% strength) chocolate
- 7 tablespoons (just under $\frac{1}{2}$ cup) (100 g) unsalted melted butter
- 8 eggs
- A little less than $\frac{1}{4}$ cup (about 4 tablespoons) (50 g) sugar
- Optional: $\frac{1}{2}$ tsp of vanilla extract
- Extras: fresh raspberries, grated chocolate for the topping



DIRECTIONS

1. Bowl 1: In a “bain mairé” or double boiler, melt the butter and chocolate together until homogenized and silky.
2. Bowl 2: While Bowl 1 is melting, in a separate bowl, take the yolks (only), sugar, and vanilla and whisk together well. Keep the egg whites for the next step. Be sure no yolk is in the egg whites or it will be difficult to finish the mousse correctly.
3. Bowl 3: Place all the egg whites in this bowl. “Monte en neige,” or beat with an electric beater so that the egg whites create stiff peaks (see photo). This will take about 3-5 minutes of beating.
4. Take Bowl 1 (melted chocolate) and combine into Bowl 2 (sugary yolks) and whisk together.
5. Gently fold in Bowl 3 (egg whites) into the chocolate mixture little by little with a spatula until it is homogenized. Be gentle folding the egg whites into the chocolate. This process will take about 5 minutes to do. Be sure no “white” exists in the chocolate at the end.
6. Using a pipe bag, or spoon, and transfer the chocolate mousse into yogurt pots, small bowls, or small cups.
7. Transfer the mousse in the refrigerator for 3-4 hours or best, overnight to rest.



8. When ready to eat, sprinkle with chocolate powder or chocolate shavings.

For an added delight: put fresh raspberries at the bottom of the cup and two on top of the chocolate mousse.

9. This mousse keeps for 2-3 days maximum in the frig.

Bon Appetit!
Emilie Anne 

