



Chocolate Mousse

Culinary Love Recipe

Ingredients

- 150g of cooking chocolate (I prefer Cadbury or Nestle, for a fuller, satisfying taste)
- 4 eggs, separated
- 300ml of cream
- 2 tablespoons of sugar
- cream to serve
- grated chocolate to garnish

Method

1. Break the chocolate up, (or if your using Nestle Melts just use them as is) and place into a medium saucepan.
2. In a large sized saucepan, fill 1/2 way with water and boil, then turn down to simmer.
3. Hold the medium saucepan with chocolate over the large saucepan with water to allow the chocolate to melt.
4. Once chocolate is fully melted, allow it to cool slightly before the next steps.
5. Stir yolks into the chocolate. Beat until thick and smooth.
6. Beat cream separately until thick, then quickly fold the chocolate mixture into the cream.
7. Beat egg whites separately until stiff, but not dry. Gradually add sugar, beating until thick and glossy.
8. Fold half of the egg-white mixture into the chocolate mixture until well mixed.
9. Repeat with remaining egg-white mixture. Pour into four or six individual dishes or one large one.
10. Chill until set.
11. Serve decorated with whipped cream and grated chocolate.

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