



## **CHOCOLATE MOUSSE**

## **For the Love of Good Food**

Chocolate mousse is a favorite for chocaholics of all ages. Since we have Easter this month it seems evident that we must have a chocolate recipe to compliment the festivities. When I ran my restaurant in Brussels, this used to be our most popular dessert, always.

It has been said that the finest chocolate mousses are made by people for whom chocolate is their first love. If you are such a person, it should go without saying that you cannot make a good chocolate mousse out of anything but the finest plain chocolate.

### Ingredients (serves 4)

*7oz best-quality plain chocolate (with the highest quantity of cocoa butter you can find)*

*3 eggs separated*

*2oz powdered sugar*

*½ pint double cream, softly whipped*

### Decoration

*¼ pint whipping cream*

*3oz plain chocolate, flaked*

1. Break the chocolate into a bowl and melt by standing over a saucepan of simmering water. It is important not to allow any moisture or steam into the chocolate or it may have a tendency to thicken.
2. Place the egg whites in a large mixing bowl.
3. Remove the melted chocolate from the heat and stir in the egg yolks.
4. Whisk the egg whites with the sugar until soft peaks are formed. (adding a pinch of salt at the beginning of this step can also help stabilize the mixture).
5. Put one third of the egg whites into the melted chocolate and mix thoroughly with a wooden spoon.
6. Slowly fold the rest of the egg whites into the chocolate using a plastic spatula, retaining as much air as possible.
7. Add the whipped cream and fold in evenly.
8. Turn the mousse in 4 goblets or one large bowl and refrigerate for at least 2 hours.
9. Just before serving decorate with whipped cream and flaked chocolate.

### Alternatives

1. Grate orange zest into the melted chocolate and just before adding the beaten egg whites add either 1-tablespoon of an orange liqueur or ¼ cup orange juice. Decorate with strips of candied orange peel and whipped cream
2. For 8 people double the quantities shown, but make up one batch with white chocolate and the other plain, then put into martini glasses in separate layers, finishing with a dark chocolate layer. Then decorate with flakes of both white and dark chocolate and candied violets.
3. Macerate some quartered strawberries or other soft fruits in a fruit-flavored liqueur, divide between 4 glasses, top with mousse mixture as above. To decorate, melt a little chocolate, add a knob of butter, mix gently, then dip 4 or more strawberries partially into chocolate. Leave to cool and set on a grease proof baking sheet.