



Chocolate Mousse

The most simple chocolate mousse, using only three main ingredients.

SERVES (YIELD): 4
DIFFICULTY RATING: •
PREPARATION TIME: 20 MINUTES
COOKING TIME: N/A

SPECIAL EQUIPMENT

4 x Martini glasses or individual ramekins

PLANNING AHEAD:

The chocolate mousses need to be put in the refrigerator for 2-3 hours to set.

INGREDIENTS

For the chocolate mousse

170g/6oz good-quality dark chocolate,
minimum 60 per cent cocoa solids, roughly chopped
7 free-range egg whites
¼ tsp lemon juice
40g/1½oz caster sugar (or 20g/½oz fructose)

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Place the chocolate into a bowl over a pan of simmering water and leave to melt.
- 3 Place the egg whites into a large clean bowl with the squeeze of lemon juice and whisk until very frothy.
- 4 Add the sugar or fructose and whisk until fairly firm soft peaks are formed.
- 5 Remove the chocolate bowl from the pan when melted and whisk in 1/3 of the egg whites vigorously and quickly.
- 6 Fold the remaining whites into the chocolate quickly, using a spatula, making sure the egg white is incorporated into the chocolate.
- 7 Spoon into either a martini glass or an individual ramekin.
- 8 Place the martini glass into the fridge to set for 2-3 hours before serving*

CHEF'S NOTES: (*)

- *1 Alternatively, preheat the oven to 180C/350F/Gas 4. Place the pudding bowls into the oven and bake the chocolate mousses for 5-6 minutes, or until puffed slightly and warmed through. Serve immediately with a ball of ice cream.