

Mousse Au Chocolat



Mousse au Chocolat is a timeless French dessert that embodies elegance and simplicity. Rich, airy, and intensely chocolatey, this classic mousse melts in your mouth, offering a balance of sweetness and bitterness from high-quality dark chocolate. The lightness comes from whipped egg whites, which give the mousse its signature fluffy texture, while whipped cream adds a velvety smoothness. It's a perfect dessert for special occasions or a refined indulgence at the end of any meal. Serve it chilled, garnished with fresh berries or a dollop of whipped cream for an extra touch of decadence.

Ingredients:

- 6 oz (170g) dark chocolate (70% cocoa)
- 3 large eggs, separated
- 2 tbsp sugar
- 1 tsp vanilla extract
- 1 cup (240ml) heavy cream
- Pinch of salt
- Optional: Whipped cream or berries for garnish

Instructions:

1. **Melt the Chocolate:** Break the dark chocolate into small pieces and melt it gently over a double boiler, stirring occasionally. Once melted, set aside to cool slightly.

2. **Whisk the Egg Yolks:** In a large bowl, whisk the egg yolks with the sugar and vanilla extract until the mixture is pale and slightly thickened.
3. **Incorporate the Chocolate:** Gradually add the melted chocolate to the egg yolk mixture, stirring continuously to combine.
4. **Beat the Egg Whites:** In a separate, clean bowl, whisk the egg whites with a pinch of salt until stiff peaks form.
5. **Whip the Cream:** In another bowl, beat the heavy cream until it forms soft peaks.
6. **Fold the Egg Whites:** Gently fold the beaten egg whites into the chocolate mixture in batches, making sure to preserve the lightness.
7. **Fold in the Whipped Cream:** Next, fold the whipped cream into the chocolate mixture until smooth and fully combined.
8. **Chill the Mousse:** Spoon the mousse into serving dishes and refrigerate for at least 2 hours, or until set.
9. **Serve:** Garnish with whipped cream or fresh berries, and enjoy!

This mousse is best enjoyed chilled and can be stored in the refrigerator for up to two days.