



Independent, locally owned and operated!

www.lamorindaweekly.com 925-377-0977

Published February 2nd, 2011

Chocolate Mousse

(Serves 5-8, depending upon serving size)

INGREDIENTS

4 1/2 ounces bittersweet chocolate, finely chopped
2 tablespoons unsalted butter, cut into small pieces
1/2 teaspoon vanilla extract
1-2 tablespoons Grand Marnier (or your favorite liqueur- Amaretto, Kahlua, etc.)
1 cup heavy cream
3 large eggs, separated (or powdered egg whites and pasteurized egg yolk)
1 tablespoon sugar

Garnish: Raspberries and extra whipped cream

DIRECTIONS

Beat heavy cream to stiff peaks, and refrigerate until ready to use.

In a double boiler, combine the chocolate, butter and vanilla and cook over simmering water, stirring all the while, until chocolate is melted and mixture is smooth. Remove from the heat and let cool until chocolate is just warm, but not cold. Once cooled, stir in pasteurized egg yolks* and Grand Marnier. Mix well. Set aside.

While chocolate is cooling, beat egg whites (or egg white substitute) until foamy. Add 1 tablespoon sugar and continue to beat until stiff peaks form.

Using a spatula or wooden spoon, fold about 1/3 of the whipped cream into chocolate-egg yolk mixture. Fold in half the whites just until incorporated, and then fold in the remaining whites. Gently fold in remaining whipped cream. Spoon the mousse into a serving bowl or individual dishes. You can also layer with fresh berries or whipped cream and sprinkle with chocolate shavings. Refrigerate for several hours. (The mousse can be refrigerated for up to a day.)

Reach the reporter at: info@lamorindaweekly.com

Copyright © Lamorinda Weekly, Moraga CA