



## UNIT 9 / PRACTISE 6

# **Chocolate Mousse**

### **Ingredients**

#### For five persons

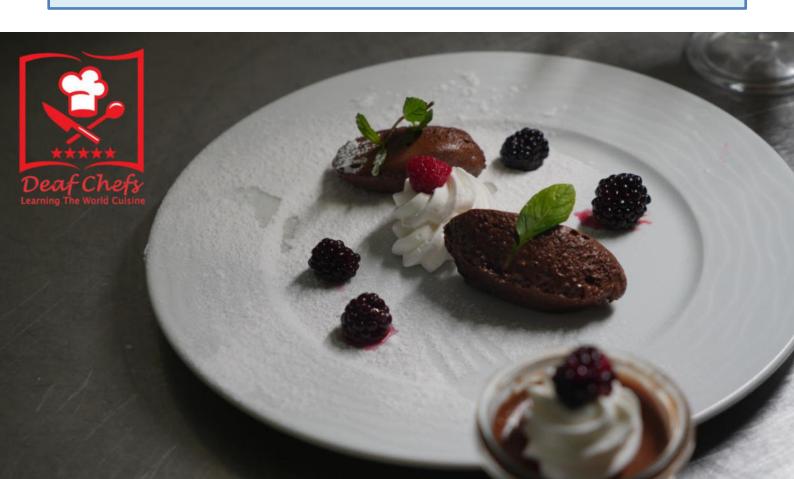
- 0,200 kg dark chocolate 70%
- 0,050 kg butter
- 3 eggs
- 0,050 kg sugar
- 0,200 kg cream
- 5 mint leaves
- 5 raspberries or other berries

#### **Directions**

- 1. Melt chocolate and butter in a water bath.
- 2. Separate eggs
- 3. Beat egg yolks with ½ amount of sugar until creamy.
- 4. Whip cream until stiff.
- 5. Beat egg whites with ½ amount of sugar until firm.
- 6. Mix melted chocolate with egg yolks until well blended.
- 7. Fold egg whites into chocolate mixture.
- 8. Finally, fold in cream and place in bowl and chill for several hours.

#### **Notes**

- Mousse can be poured into serving bowls as made or spooned into dumplings in bowl after several hours.
- Attention !!!, since raw eggs are used, consume within 24 hours.
- Orange peel, orange liqueur or rum can also be used for flavoring.
- Gelatin is used for chocolate with low fat content.
- Classic garnishes are cream, mint, berries.





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