



## 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  $\frac{1}{2}$  amount of sugar until creamy.
4. Whip cream until stiff.
5. Beat egg whites with  $\frac{1}{2}$  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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