



JERNEJ KITCHEN

CHOCOLATE MOUSSE

This Chocolate Mousse recipe takes about 15 active minutes and four ingredients to make. Great for special occasions or weekend treats.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
REST:	180	MINUTES
TOTAL TIME:	195	MINUTES

CHOCOLATE MOUSSE

240 g (8.5 ounces) dark chocolate
(50% - 60% cacao)

160 g (5.6 ounces) whipping cream

4 egg whites

40 g sugar (3 tbsp)

100 g whipping cream (3.5 oz) (for
serving)

TOOLS AND EQUIPEMENT

saucepan

bowl

electric mixer

serving cups

WHIPPING CREAM AND CHOCOLATE

Pour whipping cream into a saucepan and place over high heat. Bring to a boil, then immediately pour over chopped chocolate in a bowl. Set aside for 2 - 3 minutes for the chocolate to temper. Then, stir into a smooth mixture. Set aside to cool to room temperature.

TIP

It's essential to pour boiling hot whipping cream over the chocolate.

BEAT THE EGG WHITES

In a separate bowl, whisk together the egg whites, sugar, and a pinch of salt until stiff peaks form. Mix at medium-high speed for about 2 - 3 minutes.

CHOCOLATE MOUSSE

Gently fold the egg whites mixture into the tempered chocolate mixture using a spatula. Try to keep the volume for the mousse to stay soft and fluffy. Don't overwork the mixture. Divide the mousse between four bowls or glasses—place in the fridge for at least 3 hours or overnight.

TIP

If you plan on serving the chocolate mousse in glasses, then use a pastry bag to pipe it into the glass for a prettier presentation.

SERVE

Before serving, place the chocolate mousse at room temperature for about 10 minutes. Optionally serve with