

Milk Chocolate Mousse Recipe

Servings: 8 to 10.

Milk Chocolate Mousse

3/4 cup (200ml) half & half (50% milk & 50% heavy cream)

2 ea. (40g) egg yolks

10 ounces (300g) milk chocolate, finely chopped or use chocolate disks or drops

1 1/4 cup (300ml) heavy cream, whip until soft*

*Make more heavy cream for garnishing and remove what is needed for garnishing before folding it into the chocolate mixture.

Garnishing (optional)

Whipped cream (about a tablespoon per cup), cocoa powder and mint leaves.

Method

Make a crème Anglaise first; warm up half & half to 95°F (35°C). Turn off the heat and blend in egg yolks. Cook the mixture until it has thickened 'cuire a la nappé' or until it reaches 185°F (85°C). Do not boil. Strain immediately over the chopped chocolate. Stir well until homogenized and let cool to 95°F (35°C) before folding in the whipped cream. Fill up cups and refrigerate until completely chilled or overnight. If using silicon molds, freeze completely before unmolding. This milk chocolate mousse can be refrigerated up to 5 days and frozen weeks.