

Classic Dark Chocolate Mousse Recipe

Servings: 4 to 6

Chill chocolate mousse completely before serving. It can be refrigerated up to 3 days. Since it does not contain any gelatin; do not freeze. For the same reason this dessert is not suitable for cake filling nor entremets.

Dark Chocolate Ganache

5 ounces (150g) bittersweet dark chocolate like Valrhona Araguani 72%: the higher the cocoa content, the less the percentage of sugar.

0.4 cup (100ml) heavy cream

1.5 Tbsp (12ml) Grand Marnier, Cointreau alcohol or dark rum (optional)

Meringue

3 ea. (90g) egg whites, at room temp

1/4 tsp (1g) cream of tartar or a few drops of lemon juice (it acts to stabilize the meringue).

3 Tbsp (36g) granulated sugar

Method

For the ganache melt chocolate over a water-bath. Pour warm heavy cream into the melted chocolate and stir to combine until smooth and add the alcohol if desired. In a stand mixer fitted with the whisk attachment beat egg whites along with cream of tartar and one-third of the granulated sugar on medium speed. Then, when the ganache reaches about 95°F (35°C) increase the speed to high, add remaining sugar into the meringue gradually and continue to beat until stiff peak stage. Fold in one-third of the meringue into the ganache and carefully add remaining meringue. Do not over work; it does not matter if some dots of meringue aren't fully incorporated. It will smooth out when going through the pastry bag. The mixture is going to deflate a bit but it should not be runny. Fill up cups, martini glasses, ramekins... and chill completely before serving. Top with candied orange peels, red fruits and chocolate shavings if desired.

Candied Oranges Peels

Orange peels, white part removed and cut into very thin strips or zests

2 Tbsp (30g) sugar,

1/4 cup (60ml) water

Method

Combine water, sugar and orange peels and simmer for about 8 minutes and let cool. Can be refrigerated weeks.

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