

## Chocolate Mousse

Photography by [Darren Bester](#)

I've always loved Chocolate Mousse ... light and airy, you can just about feel the air bubbles pop in your mouth and then there's the tasty moorish decadence of dark chocolate - Heaven! It is rich though, which makes over indulging very easy to do, which is why this time round, I opted to serve them in cute little espresso cups. You can of course, serve yours anyway you want ... just don't pair large portions with a very heavy meal.

Quick and easy to prepare, it can be made a few days ahead of time thereby eliminating any stress when entertaining. Perfect end to an Easter Lunch, I'm sure even the Easter Bunny would agree.



Yield: 4 standard ramekin portions

Ingredients:

170g dark good quality chocolate (70% cocoa solids) - Lindt is a good option

80ml full fat milk

1 egg yolk

4 egg whites

20g caster sugar

Method:

Roughly chop the chocolate and place in a heat proof bowl over a small pot of simmering water. Stir until chocolate has completely melted and remove from the heat.

Bring the milk to the boil and pour onto the melted chocolate, stirring with a whisk to combine. Add the egg yolk and mix well to combine. Set aside to cool.

Whisk the egg whites to firm peaks, adding the sugar bit by bit. Using a spatula, fold one-third of the egg whites into the chocolate mixture. Whisk briskly, before folding in the rest of the whites (fold from the middle of the bowl up and outwards, using your other hand to steady and turn the bowl as you go). Ensure the egg whites are well incorporated but be careful to not over work the mixture.

Pour the mousse into individual ramekins or 1 large bowl. If you want to serve in espresso cups or another dainty cup, use a piping bag to fill the cups neatly. Chill for at least an hour.

Decorate with whipped cream and chocolate curls, if desired.

Cooks Notes:

The eggs should be very fresh. Use them cold but not icy and not at room temperature.

