



Dark Chocolate Mousse

I've been making this decadent dessert since I was an apprentice chef and it's always a hit. I like to serve it with crisp palmiers – they make a perfect counterpoint to the silkiness of the mousse.

Serves 6

INGREDIENTS

- 250 g 70% dark chocolate
- 50 g unsalted butter
- 1 egg yolk
- 8 egg whites
- 100 g caster sugar

METHOD

1. Place chocolate and butter in a heat-proof bowl and set over a saucepan of just simmering water. When chocolate has melted remove bowl from heat, whisk until smooth and shiny and set aside to cool slightly.
2. Using an electric mixer whisk egg whites until foamy. Gradually add the sugar, beating just until stiff peaks form.
3. Whisk egg yolk into chocolate mixture, then stir in one third of the beaten egg whites to loosen. Gently fold in the remaining egg whites until no white streaks remain.
4. Spoon mousse into a large serving bowl or six individual glasses, cover with plastic wrap and refrigerate at least an hour until mousse is firm.
5. Serve with palmier biscuits and dust with icing sugar.



top tip

Use a good quality chocolate – it is the hero of the dish! For even more indulgence, grate a bit of extra chocolate over the top before serving.



watch the video

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