

A Recipe from KNOPF

BITTERSWEET CHOCOLATE MOUSSE

Mousse au chocolat amer



You can add a pinch or more of ground cinnamon if you like.

INGREDIENTS

2 tablespoons butter
5 ounces (150 g.) bittersweet chocolate (66 percent cocoa), chopped, plus extra to shave for garnish
4 large eggs, separated (page 204) and well chilled
1 tablespoon (15 g.) vanilla sugar

4 tablespoons (6 cl.) heavy cream, well chilled

Serves 6-8

Preparation: 30 minutes

Resting: 1 hour

Remove the butter from the refrigerator at least 30 minutes in advance and cut it into pieces. Put a mixing bowl in the refrigerator to chill.

Melt the chocolate in the microwave. Proceed carefully in stages, stirring frequently, so as not to burn the chocolate. When it has melted almost completely, stir in the butter until the 2 ingredients are seamlessly married. Pour into the bowl to chill.

Put the yolks in a bowl with the vanilla sugar. With a whisk or a handheld electric mixer, beat for 2 minutes, until the mixture foams and turns a pale yellow. Stir in the melted chocolate until homogeneously incorporated.

Remove the mixing bowl from the refrigerator and add the heavy cream. With a whisk or preferably a handheld electric mixer, beat slowly; as the cream begins to swell and thicken, beat more vigorously. The cream is properly whipped when it clings to the whisk or beaters. Use a rubber spatula to fold it into the chocolate mixture.

Put the chilled egg whites in the same bowl with a dash of sugar. Begin to beat slowly and then pick up speed as the white thickens. It is properly whipped when the whisk or beaters leave a visible path and when it no longer sticks to the edges of the bowl.

Gently, by hand, whisk one-third of the whipped whites into the chocolate mixture. Then use the rubber spatula to fold in the rest of the whites. Work slowly and patiently, folding gently until no traces of whites remain. Pour the mousse into a serving vessel or vessels, cover, and refrigerate for at least an hour before serving.

Use a vegetable peeler to shower the mousse with chocolate shavings before serving.

