

Light Chocolate Mousse

CUISIMAGES

Réf :
5701

Type :
Cream

Preparation :
20 min
Rest:

Cooking :
none

Cost :


Difficulty :


Origin :




For 8 persons

- 125 grams of dark chocolate
- 5 eggs
- 1 pinch of salt
- 2 tablespoons of water



Break the chocolate in a small pan.

Over a low flame, dissolve the chocolate with 2 tablespoons of water. Remove from flame when chocolate has turned to a smooth paste.



Separate the egg whites from the yolks.

Add the yolks one by one to the chocolate while stirring.



Add 1 pinch of salt to the egg whites.

Beat the egg whites into a firm snow-like mixture.



Delicately and gradually add the egg whites "snow" to the chocolate to obtain a consistent mousse.



Pour the mixture into small bowls.

Refridgerate for at least 2 hours.



Suggestions

To obtain a chocolate mousse scented, replace water by "Grand Marnier" or strong coffee.

Variante Wine