



Ingredients

6 ounces Bittersweet Chocolate, grated or finely chopped
Unsalted Butter to grease jars or ramekins
4 Eggs, room temperature and separated*
1/4 cup Granulated Sugar
1/8 teaspoon Lemon Juice

Instructions

Melt the chocolate in a double boiler or in a metal heat-proof bowl placed over a saucepan of boiling water. Stir as chocolate is melting. Remove from heat when melted to cool slightly.

Butter four 3-inch diameter ramekins or 7-8 ounce canning jars. Set aside.

In the bowl of a stand mixer (hand mixer may also be used) beat egg whites on high until forthy; add the lemon juice.

Continue to beat egg whites, slowly adding the granulated sugar a few tablespoons at a time (allow to mix in before adding more). Beat eggs until stiff but not dry.

Stir egg yolks into the chocolate. Gently stir in a third of the egg white mixture into the chocolate.

Combine the chocolate mixture into the bowl with the egg white mixture and gently mixture together completely.

Spoon the mousse mixture into the prepared ramekins or jars and gently tap the containers on a countertop to release any bubbles.

Cover and fully chill before serving.

Notes

*Though the eggs are combined with the warmed chocolate they are not fully cooked. I would recommend using pasteurized eggs which should remove any risk of Salmonella from eating raw eggs. The statistics on contracting Salmonella are pretty slight but of course follow your own judgment.

Recipe adapted from Jean-Georges: Cooking at Home with a Four Star Chef