

Low Fat Chocolate Mousse

Serves 6

The meringue and chocolate mixture are combined in two stages so the meringue doesn't collapse. For the best texture, chill the mousse overnight. The mousse can be refrigerated for up to 4 days.

4 ounces semisweet chocolate, broken into pieces

1/3 cup white chocolate chips

2 tablespoons Dutch-processed cocoa powder

6 tablespoons plus 1/2 cup water

1 teaspoon vanilla extract

1/2 cup (3 1/2 ounces) sugar

3 large egg whites

1/4 teaspoon cream of tartar

1. Melt the semisweet chocolate, white chocolate, cocoa powder, 6 tablespoons of the water, and the vanilla in a medium bowl set over a pot of barely simmering water, stirring until smooth. Set aside to cool slightly.

2. Bring the remaining 1/2 cup water and the sugar to a vigorous boil in a small saucepan over high heat. Boil until slightly thickened and large bubbles rise to the top, about 4 minutes. Remove from the heat.

3. With an electric mixer on medium low speed, beat the egg whites in a large bowl until frothy, about 1 minute. Add the cream of tartar and beat, gradually increasing the speed to medium high, until the whites hold soft peaks, about 2 minutes. With the mixer running, slowly pour the hot syrup into the whites (avoid pouring the syrup onto the beaters or it will splash). Increase the speed to high and beat until the meringue has cooled to just warm and becomes very thick and shiny, 2 to 3 minutes.

4. Whisk one third of the meringue into the chocolate mixture until combined, then whisk in the remaining meringue. Spoon the mousse into six 6-ounce ramekins or pudding cups. Cover tightly with plastic wrap. Chill overnight.