

White Chocolate Mousse in Chocolate Meringue Shells with Raspberry Coulis

Recipe courtesy Emeril Lagasse, 2004



Prep Time:	1 hr 0 min	Level:	Serves:
Inactive Prep Time:	2 hr 0 min	Intermediate	4 servings
Cook Time:	2 hr 0 min		



Ingredients

- 5 ounces good quality white chocolate (just slightly less than 1 cup)
- 1/4 cup (4 tablespoons) unsalted butter
- *2 large eggs, separated
- 2 teaspoons Grand Marnier liqueur
- 3 tablespoons sugar
- 2/3 cup cold heavy cream
- Raspberry Coulis, recipe below
- Chocolate Meringue Shells, recipe below
- 1 large orange, segmented, garnish
- 1/2 pint fresh raspberries, garnish
- Sprigs fresh mint, garnish

Directions

In the top of a double boiler or in a stainless steel bowl placed over a pot of barely simmering water, place the chocolate and cook, stirring occasionally, until the chocolate is melted and smooth. Remove from the heat and whisk in the butter. Add the egg yolks and whisk until smooth. (The high fat content of the mixture may cause it to separate, but continue whisking and it will come back together). Add the Grand Marnier and mix well.

In a separate bowl, beat the egg whites until frothy. Add the sugar and beat until stiff peaks form. Transfer to a large bowl.

In a separate bowl, whip the cream until stiff, and fold into the egg whites. Fold 1/3 of the egg white mixture into the chocolate to lighten, and then fold back into the egg white bowl until blended, being careful not to over mix.

Cover and refrigerate until ready to serve.

To serve, spoon about 3 tablespoons of the raspberry coulis into the center of 4 dessert plates and top with a chocolate meringue shell. Decoratively arrange the orange segments, raspberries and mint around the meringues and fill the meringues with the mousse. Serve immediately.

Raspberry Coulis:

1/4 cup sugar

1/4 water

2 cups fresh raspberries, rinsed and picked over

Combine the sugar and water in a medium heavy pot and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the sugar dissolves, about 2 minutes. Add the raspberries and cook, stirring occasionally, until the syrup thickens and reduces by 3/4 in volume, about 5 minutes.

Transfer to a blender or food processor, and puree on high speed. Strain through a fine mesh strainer, pressing down with a rubber spatula to extract as much juice as possible. If too thick, add water a teaspoon at a time to reach the desired

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consistency.

Cover and refrigerate until ready to use. (The coulis can be refrigerated in an airtight container for up to 3 days.)

Chocolate Meringue Shells:

3 large egg whites

1/4 teaspoon cream of tartar

Pinch salt

3/4 cup sugar

1 teaspoon pure vanilla extract

1/4 cup unsweetened cocoa, sifted

Preheat the oven to 225 degrees F. Line a large baking sheet with parchment paper or non-stick mat, such as a silpat.

In a very clean large bowl, using very clean beaters, beat the egg whites, cream of tartar and salt until soft peaks form. Beating, gradually add the sugar and vanilla until stiff peaks form and the mixture becomes glossy. Fold in the cocoa powder and transfer to a pastry bag with a plain tip. Pipe the meringue into large circles onto the prepared baking sheet, making the sides higher than the center to make a bowl-shape for holding the mousse and leaving 1-inch space between each. (Alternatively, drop the meringue with a spoon onto the baking sheet and form large circles, pressing with the back of the spoon to make indentations in the centers.) Bake on the middle rack of the oven for 1 hour. Turn off the heat and leave in the oven until the meringues are dry and the tops have slightly cracked, about 1 hour.

Cool on the baking sheet for 10 minutes, then transfer to a wire rack to cool completely. Serve at room temperature. (The meringues can be made in advance and kept in an airtight container at room temperature for up to 2 days.)

RAW EGGS

*RAW EGG WARNING

Food Network Kitchens suggest caution in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.