

Tante Marie's Cooking School

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Chocolate Mousse

4 ounces unsweetened baking chocolate
3/4 cup sugar
1/4 cup water
5 eggs, separated
1 1/2 teaspoons vanilla or 1-2 tablespoons brandy, rum or kirsch
3/4 cup lightly whipped cream
Bittersweet or semi-sweet chocolate shavings, for garnish

Fill a medium saucepan with 1 inch of water and heat over high heat. When the water comes to a boil, reduce the heat to low. Combine the chocolate, sugar and water in a stainless steel bowl and set the bowl over the pan of simmering water, stirring constantly until the chocolate is melted and smooth. Turn off the heat and gradually add the egg yolks, one at a time, to the chocolate mixture, beating well after each addition. Take the bowl off the pot of water and set it aside to cool. Once cool, stir in the vanilla or other flavoring.

Beat the egg whites until they are stiff but not dry. Fold the whites gently into the cooled chocolate mixture. Pour into individual ramekins or glasses and cover with plastic wrap. Refrigerate for 12 to 24 hours.

When ready to serve, top each mousse with a rosette of lightly sweetened whipped cream and decorate with shaved chocolate.

Serves 6

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copper bowl - whip egg whites in a copper bowl b/c the copper helps the eggs become more stiff

- don't put chocolate over direct heat b/c you'll burn it. melt ~~the~~ it in a bowl over the a sauce pan of hot water