

Chocolate Mousse Recipe: A Light and Creamy Chocolate Indulgence

There are several reasons why this chocolate mousse recipe stands out from the rest:



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20 min

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INGREDIENTS

200g (7 oz) high-quality dark chocolate (70% cocoa)
3 large eggs, separated
1/4 cup granulated sugar
1 cup heavy cream
1 teaspoon vanilla extract
A pinch of salt

DIRECTIONS

- 1. Melt the : Chocolate:** Begin by breaking the dark chocolate into small pieces and placing it in a heatproof bowl. Set the bowl over a pot of simmering water (double boiler method) and stir until melted and smooth. Remove from heat and let it cool slightly.
- 2. Whip the : Egg Whites:** In a clean bowl, beat the egg whites with a pinch of salt until soft peaks form. Gradually add the granulated sugar and continue to beat until stiff peaks form. This step is crucial for achieving that light texture.
- 3. Mix : Egg Yolks and Chocolate:** In another bowl, whisk the egg yolks and vanilla extract into the slightly cooled melted chocolate until well combined.
- 4. Combine : Mixtures:** Gently fold a third of the whipped egg whites into the chocolate mixture to lighten it. Then, carefully fold in the remaining egg whites until no white streaks remain. Be gentle to maintain the airiness.
- 5. Whip the : Cream:** In a separate bowl, whip the heavy cream until soft peaks form. Fold the whipped cream into the chocolate mixture until fully incorporated.
- 6. Chill and : Serve:** Spoon the mousse into serving dishes and refrigerate for at least 2 hours, or until set. Serve chilled, garnished with chocolate shavings or fresh berries if desired.

TIPS FOR SUCCESS

Use Quality Chocolate: The better the chocolate, the better the mousse.

Look for chocolate with at least 70% cocoa for a rich flavor.

Room Temperature Ingredients: Ensure your eggs and cream are at room temperature for better mixing and volume.

Experiment with Flavors: Add a teaspoon of espresso powder or a splash of your favorite liqueur to enhance the chocolate flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/chocolate-mousse-recipe-a-light-and-creamy-chocolate-indulgence/>