

Chocolate Mousse

This recipe is from Julia Child's The Way to Cook. In her words: "This uncomplicated but first-rate chocolate mousse features, of course, chocolate, plus butter for body, egg yolks for tenderness, beaten egg whites for lightness, and whipped cream for the extra calories and certain smooth richness that only whipped cream can give."

Ingredients:

8 ounces semisweet baking chocolate, melted with $\frac{1}{4}$ cup strong coffee or espresso

6 tbs. softened unsalted butter

3 egg yolks

1 cup heavy cream

3 egg whites

$\frac{1}{4}$ cup superfine sugar

Optional: whipped cream for serving

Directions:

Beat the soft butter into the smoothly melted chocolate. One by one, beat in the egg yolks. Beat the cream until it leaves light traces on the surface. Beat the egg whites until they form soft peaks. While beating, sprinkle in the sugar by spoonfuls and continue beating until stiff shining peaks are formed.

Scrape the chocolate mixture down the side of the egg white bowl, and delicately fold them together. When almost blended, fold in the whipped cream.

Turn the mousse into an attractive serving bowl, or into individual cups or containers. Cover and chill several hours. You may wish to decorate the mousse with swirls of whipped cream or to pas whipped cream separately.

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