

CHOCOLATE MOUSSE

INGREDIENTS

- 4 oz (115 grams) bittersweet or semisweet chocolate, cut into small pieces
- 2 Tbsp (28 grams) n/s butter, cut into small pieces
- 1/2 cup (120 ml) heavy whipping cream
- 1/8 tsp cream of tartar
- 3 Tbsp sugar, divided
- 2 large eggs, separated
- 1/2 tsp pure vanilla extract

1 In a medium-sized stainless steel bowl set over a saucepan of simmering water, melt the chocolate and butter. Remove from heat and set aside to cool for a few minutes. Then whisk in the two egg yolks. Refrigerate while you whip the egg whites and whipping cream. In the bowl of your electric mixer (or with a hand mixer), whip the two egg whites with the cream of tartar until foamy. Gradually add two Tbsp of sugar & continue to beat until stiff peaks form, yet the whites are still glossy & not dry. Set aside.

2 In another bowl, whip the heavy cream, remaining one tablespoon sugar, & vanilla extract until soft peaks form. Remove the chocolate mixture from the refrigerator, & stir a couple of spoonfuls of the beaten egg whites into the chocolate mixture to lighten it, & then fold the remaining whites into the chocolate mixture, gently but thoroughly. Fold in the whipped cream. Spoon the chocolate mousse into six individual serving dishes or glasses. Cover & refrigerate for a couple of hours. Can serve with additional whipped cream, fresh raspberries &/or shaved chocolate.