

Chocolate Mousse

- 1 pint whipping cream
- optional: 1/8 teaspoon cream of tartar
- 8 ounces semisweet chocolate
- optional: mud (extra strong coffee brewed with almost no water)
- optional: vanilla extract
- 3 egg whites
- 3 tablespoons sugar

Use an electric mixer to beat the whipped cream until whipped – but not so much that it starts turning into butter. When your cream is close to finished whipping, you can add cream of tartar to stabilize it (and your mousse).

Melt the chocolate in a double boiler, until smooth. If using coffee or vanilla, add it now.

Use an electric mixer to beat the egg whites, slowly adding the sugar. Keep beating the egg whites until they are firm, and ripples or peaks don't fall back into the bowl. Note that you must be extraordinarily careful not to get any yolk into the mixture, because even the tiniest bit can prevent the whites from whipping properly.

Gently stir some of the whipped cream (about 1/3) into the chocolate, and then add the chocolate mixture to the egg whites. Stir in the rest of the whipped cream. Cover and chill.

Serves: 8

Preparation time: 2 hours (prepare a day in advance)

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