

chocolate mousse

recipe from Les Halles cookbook by Anthony Bourdain*
prepared at wendyellenthomas.com

Ingredients:

6oz/168g bittersweet chocolate
1-2 T Grand Marnier
2T/28g butter
4 eggs separated
2T/28g sugar
1 cup heavy cream (1/2 cup for mousse and 1/2 cup for garnish)

Directions:

Bring a few cups of water to a simmer. Place mixing bowl over the pot and add chocolate. I don't do this. But if you put the chocolate directly in a pot- don't get distracted or it will scorch. Stir gently until melted. Remove from heat. Whisk in liqueur, then whisk in butter one tablespoon at a time. Stir in one yolk at a time and make sure each is fully incorporated before adding the next.

Whip the egg whites to form soft peaks then gently add sugar. Whip 1/2cup of the heavy cream in another bowl.

Whisk half of the egg whites into the melted chocolate then use a spatula to gently add the remaining whites and whipped cream.

Spoon or pipe into serving bowls/glasses. Cover and refrigerate at least 2 hours.

To Serve:

Whip remaining cream with powdered sugar to desired sweetness. Spoon or pipe cream onto mousse. Garnish with chocolate shavings if you like.

* Original recipe calls for 2oz/56ml Grand Marnier and 4 TB of butter

*Directions were condensed by me and if you want the original... well, go buy the book. It's certainly one to have on the shelf if you like to cook French bistro style meals.