

Chocolate Mousse

Ingredients

75g 70% Dark Chocolate
3 Egg Whites
1 Tbsp Golden Caster Sugar
Extra Chocolate for Grating

Equipment

Dessert Glasses
Whisk
Grater

Method



1. Melt the chocolate in a microwave in 30 second intervals, stirring regularly. Ensure the chocolate is only just melted and not really hot.



2. Whisk the egg whites until soft peaks form when you lift the whisk out.



3. Add the sugar to the egg whites and whisk again until the peaks hold for 30 seconds.



4. When the melted chocolate has cooled slightly, pour it into your bowl and continue to whisk until evenly combined.



5. Divide the mousse mix between two glasses and refrigerate for at least 30 minutes. Top with grated chocolate.

Top Tips

Planning a meal? Make these mousses the day before and keep them in the fridge.

Add mint or orange flavouring to the chocolate for a flavour boost.

Make use of the egg yolks in our Parmesan Crusted Chicken recipe.



Serves: 2
Prep Time: 10 minutes
Set Time: 30 minutes



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