

Chocolate Mousse Or Mousse Au Chocolat

Serves 4 to 6:

Preparation time : 1 hour and 15 minutes

Cooking time : 15 minutes

Ingredients :

- 200 g dark chocolate cut into pieces
- 70 g butter cut into pieces
- 40g sugar
- 350 ml heavy cream
- 1 vanilla bean

- 2 large eggs

Slowly melt the chocolate and butter together in a bowl, over some gently simmering water ('bain-marie'). Remove from the heat.

Then scrape out the vanilla's grains and add them to this mixture. Stir well and allow to cool.

In a second bowl, whip the cream to soft peaks. Add the sugar

In a third bowl, gently whisk the eggs melted chocolate mixture and cream. The trick is not to lose too much air. Chill for at least an hour before serving.

Top Tips :

- Don't hesitate to choose a good quality chocolate for this dessert.

- Pour the mixture into 4 to 6 glasses or individual serving dishes.

- To make your chocolate mousse look nicer, you can add some mandarin slices on the side and/or 2-3 mint leaves on top of the mousse.

Bon Appetit!