

# CHOCOLATE MOUSSE

Chefsville  
Kids

## COOKEE'S TOOL KIT

Measuring cups & spoons  
Medium & large mixing bowl  
Spatula  
Hand held mixer  
Adult supervision



## Ingredients

4 ounces semi-sweet chocolate  
  
If using dark chocolate, then add  
4 teaspoons sugar

4 eggs, separated  
10 ounces of heavy whipping cream  
Pinch of salt

## Directions

1. Bring  $\frac{1}{2}$  of the cream to a boil. Turn off the heat.
  2. Break chocolates and place in a bowl. Add cream and stir to melt the chocolate.
  3. Make an ice bath by placing about 2 cups of ice into a large bowl, then add water to fill the bowl  $\frac{1}{4}$  way up. Place the bowl with the chocolate on top of the ice bath in the larger bowl. Add the remaining cream and stir.
  4. Use a hand held mixer and mix until peaks form. Remove bowl from ice bath. Set aside in the refrigerator if needed.
  5. In a separate bowl whisk egg whites until stiff peaks form then add the sugar slowly, slowly whisk for about 45 seconds to melt the sugar.
  6. Take  $\frac{1}{3}$  of the egg whites and blend them into the chocolate cream. Then carefully fold the remaining egg whites into the chocolate mousse mixture. Refrigerate for at least two hours.
- Optional:** Drizzle a small amount of strawberry, raspberry or chocolate sauce over the top or top with granola or coconut.



Cooling Time: 2 hours

Prep time: 10 minutes

Serves: 8