

Chocolate Mousse



Serves 5 Prep 20 mins

Refrigeration: 2 h

Easy

Ingredients

1/3 cup (27g) unsweetened cocoa
1/4 cup (60 ml) boiling water
1/2 cup (50g) granulated sugar
4 egg whites
2 tbsp cool water
1.4 tsp cream of tartar

1. Place the cocoa in a medium bowl and pour on 1/4 cup (27g) boiling water, stirring until the mixture is smooth
2. Combine the sugar, egg whites, 2 tbsp cool water, and the cream of tartar in the top of a double boiler. Place over simmering (not boiling) water and beat at high speed until soft peaks form, about 5 mins. Remove from the heat straight away as the egg white begins to cook otherwise.
3. Gently stir about a small amount of the eggs white mixture into the chocolate mixture. Gently fold in the remaining egg white mixture in two additions, mixing until no white streaks remain. Cover and refrigerate for 2 hours or until chilled.
4. Note: it is best served within a day of making because the mousse begins to lose its volume after a longer time in the refrigerator.