



Try this!- food preparation & nutrition

Grandad fred's chocolate mousse

I got this recipe from a bistro in Paris... I had to beg for it in my best French. It is my grandad's favourite thing in the world and even at 95 years old, he still helps me make it whenever I visit him

Ingredients:

- Dark/plain chocolate- 100g
- 3 eggs separated
- 2 tsp caster sugar
- 100ml double cream



Recipe

Add the cream and chocolate to a glass bowl over a pan of simmering water until melted. Allow to cool slightly and add the egg yolks

Whisk the egg whites in a clean bowl until they form soft peaks, then add the sugar and continue whisking until glossy and shiny.

Add one third of the egg whites to the melted chocolate mixture and beat until smooth

Gradually add the remaining egg whites gradually folding gently until combined

Spoon into a glass, container or tub and chill for at least 3 hours.