



Chocolate Almond Mousse

Serves six

¾ cup bittersweet chocolate - finely chopped

2 tablespoons unsalted butter

½ tsp. almond extract

1 cup cold heavy cream

3 large eggs – separated

Pinch salt

1 tablespoon sugar

Beat the cream until it forms soft peaks – do not overbeat it. Refrigerate it.

Place the egg whites in a bowl and add a pinch of salt. Beat them until starting to stiffen. Add the sugar and beat until soft peaks are formed.

Place the chocolate, butter and almond extract in a bowl over boiling water. Melt the chocolate – stirring constantly. Turn off the heat and remove the bowl from over the pan. The chocolate needs to cool down a bit but should not get cold. Test a little bit on the inside of your wrist. When it is warm – and no longer hot – you are ready to add the egg yolks.

Whisk in the egg yolks into the chocolate. Gently fold in 1/3 of the whipped cream. Fold in half of the beaten egg whites. Carefully incorporate the ingredients. A rubber spatula is your best bet.

Add the remaining egg whites and the cream. Fold softly until all of the ingredients are well mixed.

Divide the mousse into six ramekins or dessert glasses. Cover and refrigerate for at least 4 hours.

FOR THE GARNISH:

¼ cup cold whipping cream

1 TBS sugar

Dark chocolate shavings

Curled orange peels - optional

Whip the cream until starting to stiffen. Add the sugar. Whip until stiff peaks form. Refrigerate.

When you are ready to serve the mousse, place a dollop of whipped cream on top of each one. Garnish with chocolate shavings and orange peel. Serve and enjoy!

Chocolate mousse no topping - CALORIES 342.26; FAT 29.89 grs (sat 17.67; mono 9.19; poly 1.38); PROTEIN 5.56 grs ; FIBER 2.3 grs; CARBS 19.10 grs; CHOLESTEROL 153.62 mg; IRON 2.43 mg; SODIUM 74.72 mg; CALCIUM 54.07 mg

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