



# Rutland, Steady, Cook!

## Wisteria Hotel's Chocolate Mousse

### Ingredients

300ml Double Cream  
150g Chocolate, 56% or 70%  
80g Egg Yolks (4 Yolks)  
45g Sugar  
2 Egg Whites

### Method

1. Weigh out all of the ingredients into separate bowls.
2. Separate the egg whites from the yolks. Put the egg yolks to one side.
3. Place the chocolate into a heatproof bowl, set over a pan of low simmering water (careful not to overheat) slowly melt until it's completely smooth, When it's starting to melt, stir the chocolate with a spatula. Do not get water droplets in the chocolate.
4. Into a separate bowl, add cream and half of the sugar (optional to add ½ teaspoon of vanilla extract or vanilla seeds).
5. Whisk using an electric or hand whisk. Whisk the cream and the sugar until firm peak is formed. Do not over whip as it will split. If whisking by hand the figure of eight technique is the best option.
6. Into another bowl, add the egg yolks and remaining of the sugar, then whisk the yolks and sugar together until they are combined and go lighter in colour. Then put aside for later.
7. Finally, into another bowl, add the egg whites and whisk together until they form a soft peak. This must be done last so they do not split.
8. When the chocolate is melted, remove the bowl from the heat, stir with a spatula until smooth. Then slowly add the egg yolks and sugar mix into the melted chocolate, until it is all combined.
9. Next, slowly add the whipped cream and sugar mixture by folding it in with the spatula. Mix it all together gently resulting in a nice and smooth texture.
10. Finally, fold the whisked whites in gently until the mix has come together.
11. When the mix is ready gently spoon or pipe into the container or containers if doing individual portions and cover with a lid or cling film for storage. Place into the fridge to set.
12. Leave for around 90 mins and the mixture should be set and ready (the longer in the fridge the better) served chilled. Accompany with a homemade shortbread and fresh raspberries or crunchy honeycomb bits on top for extra texture.

Don't forget to share your own **Wisteria Hotel's Chocolate Mousse** image on Facebook using **#RutlandSteadyCook**

**Thank you to:** Wisteria Hotel, Oakham