

MOUSSELINE AU CHOCOLAT

CHOCOLATE MOUSSE

Prepared by Lauren-O'Dell Patton, November 2017

Source: Mastering the Art of French Cooking

A 3-quart porcelain or stainless steel mixing bowl
1 wire whip of electric beater
4 egg yolks
¾ cup instant sugar (very finely granulated)
¼ cup orange liquor
A pan of not-quite-simmering water
A basin of cold water
6 ounces or squares semi-sweet baking chocolate
4 tablespoons strong coffee
A small saucepan
6 ounces or 1 ½ sticks softened unsalted butter
4 egg whites
Pinch of salt
1 tablespoon granulated sugar
Crème Anglaise, recipe follows

Beat the egg yolks and sugar together until mixture is thick, pale yellow, and falls back upon itself forming a slowly dissolving ribbon. Beat in the orange liqueur. Then set mixing bowl over the not-quite-simmering water and continue beating for 3 to 4 minutes until the mixture is cool and again forms the ribbon. It will have the consistency of mayonnaise.

Melt chocolate with coffee over hot water. Remove from heat and beat in the butter a bit at a time, to make a smooth cream. Beat the chocolate into the egg yolks and sugar.

Beat the egg whites and salt until soft peaks are formed; sprinkle on the sugar and beat until stiff peaks are formed. Stir one fourth of the egg whites into the chocolate mixture. Fold in the rest.

Turn into serving dish, dessert cups, or petits pots. Refrigerate for at least 2 hours or overnight.

Pass crème anglaise or whipped cream separately.

Crème Anglaise

½ cup granulated sugar
4 egg yolks
A 3-quart mixing bowl
A wire whip or electric beater
1 teaspoon cornstarch
1 ¾ cup boiling milk
A clean, heavy-bottomed enameled or stainless steel saucepan

A wooden spatula or spoon
A candy thermometer
1 tablespoon vanilla extract

Gradually beat the sugar into the egg yolks and continue beating for 2 to 3 minutes until the mixture is pale yellow and forms the ribbon.

Beat in the starch.

While beating the yolk mixture, very gradually pour on the boiling milk in a thin stream of droplets so that the yolks are slowly warmed.

Pour the mixture into the saucepan and set over moderate heat, stirring slowly and continuously with a wooden spatula or spoon, and reaching all over the bottom and sides of the pan, until the sauce thickens just enough to coat the spoon with a light, creamy layer. Do not let the custard come anywhere near the simmer. Maximum temperature is 170 on a candy thermometer. Then beat the sauce off heat for a minute or two to cool it. Strain it through a fine sieve, and beat in the vanilla.

To serve hot: Keep the sauce over warm but not hot water. If you wish, beat in 1 to 2 tablespoons of unsalted butter just before serving.

To serve cold: Set the saucepan in a pan of cold water, and stir frequently until cool. Then cover and chill.

Lauren's Notes: This was a hit and absolutely delicious. I didn't want to buy an entire bag of instant sugar, so I just put granulated sugar in the food processor until it was very fine. I felt like I was having issues with my consistency at the beginning, but the mousse turned out just fine.

