

White Chocolate Mousse



This is the easiest mousse to make and it's so light you'll think you're eating air!

Serves 6

6oz white chocolate, broken into 1/2oz pieces

1 1/2c heavy cream

3 egg whites

2T sugar

1T espresso powder, instant

whipped cream, for garnish

semi~sweet chocolate, shaved, for garnish

Heat 1" of water in bottom of heavy skillet. Place chocolate in heavy saucepan and place saucepan in water. Cover tightly with plastic wrap. Allow chocolate to melt slowly ~ approximately 10~13 minutes. Remove from heat and stir until smooth. Keep at room temperature until needed.

Place heavy cream in well~chilled bowl of electric mixer fitted with well~chilled balloon whip. Whisk on high speed until peaks form ~ about 2~3 minutes. Set aside until needed.

Whisk egg whites in large stainless steel bowl until soft peaks form ~ about 3~4 minutes. Add sugar and continue to whisk until stiff peaks form ~ an additional 3~4 minutes.

Add 1/4 of the whipped cream to the white chocolate and whisk quickly, vigorously and thoroughly and then add chocolate to the egg whites. Add remaining whipped cream and fold all together gently.

Place in individual serving bowls ~ I like to use martini or large red wine glasses ~ and refrigerate at least 2 hours. Top with a dollop of whipped cream and garnish with espresso powder and shaved semi~sweet chocolate.

Prepare Ahead Tip

Mousse can be refrigerated up to 8 hours before serving.

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com