

Chocolate Mousse

$\frac{1}{4}$ lb. sweet chocolate
2 oz. Bitter chocolate
(or you can use all "semi sweet")
3 large eggs separated
2 tablespoons water
1 cup heavy cream
 $\frac{1}{4}$ cup sugar
Optional: berries, chocolate shavings, extra whipping cream for garnish



- Melt the chocolate in a small saucepan or the microwave. Set aside to let cool.
- Separate the eggs. Put the yolks in a small saucepan and the whites in a medium bowl.
- Add the water to the yolks and beat with a wire whisk over a very low flame. DO NOT let yolks cook. Beat until yolks thicken and have the consistency of a thin custard.
- Remove yolks from flame and add to the chocolate mixture, blending thoroughly, with a rubber spatula. Let cool briefly.
- Whip the cream in a separate bowl, and add 2 tablespoons of the sugar towards the end. Whip until stiff.
- Fold the cream mixture into the chocolate mixture.
- Beat the egg whites as if you were making meringue, until soft peaks begin to form. Beat in the remaining sugar. Do not overbeat.
- Fold the egg white mixture into the chocolate mixture quickly, and thoroughly with a rubber spatula, turning the bowl all the while.
- Chill over night.
- When ready to serve, garnish with berries and chocolate shavings, or extra whipped cream.

a recipe from Dolce Zitella

