

Milk Chocolate Mousse

Ingrédients

- 300g of milk chocolate with at least 40-45% cocoa
- 100g of milk
- 1 egg yolk
- 6 egg whites
- 35g of sugar

Préparation

1. After sharing a dark chocolate mousse recipe a few weeks ago, several of you asked me for a milk chocolate mousse version.
2. So I used the same recipe base (Chapon's) but adjusted the amount of chocolate.
3. I used a milk chocolate with 46% cocoa; for texture reasons but also for taste (not too sweet), I recommend using chocolate with at least 40% Ingredients: I used the Bahibé chocolate from Valrhona: code ILETAITUNGATEAU for 20% off the entire site (affiliate).
4. Melt the chocolate; heat the milk, then pour it over the melted chocolate in several batches, stirring well to obtain a smooth and shiny ganache.
5. Add the egg yolk, mix again.
6. Beat the egg whites until stiff, and fold them with the sugar.
7. Then, gently fold them into the ganache, then pour into glasses or a bowl.
8. Place in the refrigerator for at least 3 hours, then add some hazelnuts (or not) and enjoy!