

Eggless chocolate mousse

Ingrédients

- 60g of whole milk
- 250g of heavy cream
- 160g of Guanaja chocolate

Préparation

1. After the tiramisu without raw eggs that you enjoyed so much, here is a chocolate mousse recipe based on whipped cream, ideal for children, pregnant women, or anyone who wants to indulge ;) Ingredients: I used the chocolate Guanaja from Valrhona: code ILETAITUNGATEAU for 20% off everything on the site (affiliate).
2. Preparation time: 10 minutes + resting For 6 people: Ingredients: of whole milk of heavy cream of Guanaja chocolate Recipe: Melt the chocolate gently.
3. Heat the milk, then pour it in several times over the chocolate, mixing well after each addition to achieve a good emulsion.
4. When the mixture reaches 60°C, whip the cream until it is not too stiff.
5. When the mixture reaches 55°C, gently fold in the whipped cream with a spatula.
6. Pour into individual pots or a small bowl for a sharing version, then let crystallize for at least 2 to 3 hours in the refrigerator.
7. Jivara chocolate, and in that case, wait until the mixture reaches 50°C before adding the whipped cream.
8. Then, you just need to add (or not) whatever you want on top of the mousse (toasted hazelnuts, cocoa nibs, fleur de sel.
9.) and enjoy!