

Christmas Chocolate Mousse

Ingrédients

- 125g whole milk
- 125g heavy cream
- 3g gelatin
- 100g egg whites
- 60g granulated sugar
- 280g Caraïbes chocolate
- 100g egg whites
- 200g granulated sugar

Préparation

1. I know that not everyone has the time, equipment, or desire to make a Yule log for the Christmas meal, but there are also other simpler and quicker dessert ideas that are just as delicious; for example, this chocolate mousse (in a sharing version or individual portions), topped with little meringue trees, will look very pretty on your festive table
Equipment :I used my Kenwood Cooking Chef to make the Swiss meringue: code FLAVIE = 3 accessories of your choice offered with the purchase of a cooking chef / code FLAVIEDREAM = the pasta maker and multifunction bowl + a Le Creuset dish offered with the purchase of a Cooking chef / commercial collaboration.

2. my piping bags come from Guy Demarle: referral code FLAVIE10 to be indicated at registration for 10 offered (affiliate).

3. Ingredients :I used the Caraïbes chocolate from Valrhona: code ILETAITUNGATEAU for 20% off the entire site (affiliate).

4. I used powdered egg whites from Guy Demarle for the icing: referral code FLAVIE10 to be indicated at registration for 10 offered (affiliate).

5. Preparation time: 30 minutes + resting + 2 to 3 hours of cookingFor 8 people : Old-fashioned chocolate mousse (Valrhona recipe): whole milk heavy cream gelatin egg whites granulated sugar Caraïbes chocolate Soak the gelatin in cold water.

6. Heat the milk and cream, then add the rehydrated gelatin.

7. Pour the hot liquid over the previously melted chocolate, mixing well to obtain a smooth and shiny ganache.

8. When the ganache is about 42/45°C, whip the egg whites until stiff and add the sugar.

9. Gently fold them into the ganache, then immediately pour the mousse into your serving dish (a large bowl for a sharing version, or individual ramekins).

10. Meringue trees: egg whites granulated sugar I made my Swiss meringue with the Cooking chef, so no need for a thermometer or double boiler, but I will give you the steps without that: Whip the egg whites with the granulated sugar over a double boiler until reaching a temperature of about 50 to 55°C.

11. Then, remove your bowl from the double boiler and continue whipping the meringue until completely cool, it should become smooth, fluffy, and shiny.

12. Pipe the meringue onto a baking sheet lined with parchment paper using a star tip (I sprinkled them with a bit of vanilla powder) and then bake at a maximum of 100°C for 2 to 3 hours.

13. You can even leave them in the turned-off oven at the end of cooking to finish drying.

14. At the time of serving, add the trees on top of your mousse and enjoy!