

Chocolate mousse, olive oil, fleur de sel

Ingrédients

- 40g of milk Jivara chocolate
- 1 teaspoon of vanilla extract
- 5 egg yolks
- 6 egg whites
- 130g of dark Guanaja chocolate
- 40g of milk Jivara chocolate
- 1 teaspoon of vanilla extract
- 5 egg yolks
- 6 egg whites

Préparation

1. A delicious, chocolatey, quick recipe that requires no oven, you've come to the right place!
2. This is my favorite chocolate mousse recipe, made with only chocolate (a mix of dark & milk) and eggs.
3. But what transforms the mousse is seasoning it with a drizzle of olive oil and a pinch of fleur de sel.
4. For a bit of crunch, you can also serve it with cat tongues or other small cookies ☺ Ingredients :I used Guanaja chocolate & Jivara chocolate as well as Norohy vanilla extract from Valrhona: code ILETAITUNGATEAU for 20% off sitewide (affiliate).
5. Shopping list : of dark Guanaja chocolate of milk Jivara chocolate1 teaspoon of vanilla extract5 egg yolks6 egg whitesOlive oil & fleur de sel Preparation time: 15 minutes + at least 2 hours of chillingFor 8 people : Ingredients : of dark Guanaja chocolate of milk Jivara chocolate 1 teaspoon of vanilla extract 5 egg yolks 6 egg whites Olive oil & fleur de sel Recipe : Gently melt the two chocolates.
6. Add the vanilla and the egg yolks one by one, mixing well between each addition to create an emulsion.
7. Whip the egg whites until stiff peaks form.
8. Gently fold the whipped egg whites into the chocolate using a spatula.
9. Pour the mousse into a bowl for a sharing version or into jars for an individual version.
10. Let it set in the refrigerator for at least 2 hours.