

# Chocolate mousse & langues de chat (Frédéric Bau)

## Ingrédients

- 300g dark chocolate 60% cocoa
- 50g of chocolate chips or crispy pearls by Valrhona
- 150g whole milk
- 60g egg yolks (3 to 4 yolks)
- 200g egg whites (about 6 whites)
- 50g powdered sugar
- 125g softened butter
- 90g egg whites (about 3 whites)
- 125g powdered sugar
- 150g T55 flour
- 1 pinch of salt

## Préparation

1. A nice program today, the chocolate mousse « by Mamie Paulette » by Frédéric Bau, chef of Valrhona, accompanied by langues de chat, small and delicious cookies.
2. A simple and tasty recipe from his book *Simplement Chocolat*, made with Valrhona's Caraïbes chocolate, which doesn't require a lot of preparation time, but a little patience while the mousse is in the fridge.
3. As always for recipes using raw eggs, be careful to have fresh eggs and don't keep the mousse for several days (don't worry, it will be eaten quickly ;-)).
4. Melt the chocolate.
5. Bring the milk to the boil, then pour it several times over the chocolate, stirring well to obtain a smooth, shiny ganache.
6. Then add the egg yolks and mix with a hand mixer if necessary to get a nice emulsion.
7. Whisk the egg whites until stiff and add the sugar little by little.
8. Add  $\frac{1}{4}$  of the egg whites to the ganache, then gently add the rest.
9. When the mixture is homogeneous, add the chocolate chips/pearls then pour the mousse into individual jars or a salad bowl and place in a cool place for at least 6 hours or even overnight.
10. Mix with a spatula the softened butter with the sugar and salt.
11. Then add the egg whites one by one, stirring between each addition, then the sifted flour.
12. When the dough is homogeneous, put it in a piping bag opened to 0.
13. 4mm.
14. Pipe « sticks » of dough about 7cm long on a baking tray covered with parchment paper, then bake in the preheated oven at 190°C for about 10 minutes (the edges of the cookies should be golden and the centre should still be clear).
15. Leave them to cool on their baking tray and then on a wire rack, and store them in an airtight box.
16. And there you have it, your dessert is ready, enjoy !