

Chocolate Mousse with Mint Whipped Topping

Ingredients:

- 4 ounces bittersweet or semisweet chocolate, cut into small pieces
- 2 tablespoons unsalted butter, cut in small pieces
- 2 large eggs, separated
- 1/8 teaspoon cream of tartar
- 3 tablespoons sugar, divided
- 1/2 teaspoon pure vanilla extract
- 1/2 cup heavy whipping cream

● Garnish: (optional)

Mint Whipped Cream (Recipe below)

- Whipped Cream
- Fresh Raspberries
- Shaved Chocolate

Mousse:

● In a medium-sized bowl set over a saucepan of simmering water, melt the chocolate and butter together. Remove from heat and set aside to cool for a few minutes. Then whisk in the two egg yolks. Refrigerate while you whip the egg whites and whipping cream.

● In another bowl, whip the two egg whites with the cream of tartar together until foamy. Gradually add two tablespoons of sugar and continue to beat until stiff peaks form, yet the whites are still glossy and not dry. Set aside.

● In another bowl, whip the heavy cream, remaining one tablespoon sugar, and vanilla extract until soft peaks form.

● Remove the chocolate mixture from the refrigerator, and stir a couple of spoonfuls of the beaten egg whites into the chocolate mixture to lighten it, and then fold the remaining whites into the chocolate mixture, gently but thoroughly. Fold in the whipped cream. Once combined add shaved chocolate or mini chocolate chips if desired.

● Spoon the chocolate mousse into six individual serving dishes or glasses. Cover and refrigerate for a couple of hours. Can serve with additional whipped cream, fresh raspberries and/or shaved chocolate.

Mint Whipped Cream:

- 1 ¼ cups chilled whipping cream
- 3 tablespoons sugar
- 1 teaspoon peppermint extract (or more)
- Beat cream, sugar and peppermint extract in large bowl until stiff peaks form.



Recipe courtesy of
<http://caleighskitchen.com>