



Bonne Maman®





Bonne Maman

Chocolate Mousse

Serves 4

Ingredients

150g milk or dark chocolate, chopped

225ml double cream

1 tsp vanilla extract

1 large egg white

1 tsp caster sugar

Method

1. Put the chocolate in a heatproof bowl. Heat the cream with the vanilla in a small pan until almost boiling then pour over the chocolate. Whisk until smooth and glossy. Leave to cool a little.
2. Whisk the egg white to soft peaks. Add the sugar and continue to whisk until stiff.
3. Fold the egg white into the chocolate mix then spoon into 4 individual serving dishes. Chill for 1 hour until set.

Cook's tip

Use a large metal spoon or a spatula when folding in the egg white.



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