



Get –you-going chocolate mousse

Recipe by Hope Malau

Serves: 6-8

Cooking: 1hr

Difficulty: Easy

Ingredients :

- 250g dark chocolate
- 80 ml strong instant coffee
- 3 eggs, separated
- 125 ml (½ cup) cream
- 30 ml (2 tbsp) Selati castor snow

Sauce:

- 375 ml (1 ½ cup) Selati castor snow
- 60g salted butter
- 45 ml (3 tbsp) whiskey
- 250 ml (1 cup) cream

Methods :

- Melt the chocolate together with the coffee in a heat proof bowl over a pan of boiling water. Beat the egg yolks into the chocolate one by one.
- Beat the cream until thick and set aside. Transfer the egg whites into a large mixing bowl and beat until soft peaks form. Add the sugar and continue to beat until stiffer peaks form. Gently fold the egg whites into the chocolate mixture in three parts.
- Continue to fold in the cream. When fully incorporated transfer the mixture into transparent teacups (if possible). Place in the fridge for 1 hour.

Sauce:

- Place a frying pan over medium low heat with sugar, spread evenly over the pan base. Cook swirling the pan until sugar starts melting and changing colour.
- Add the butter and swirl it around. Pour in the whisky and cream, stir with a whisk until smooth. Set aside to cool. Pour over the mousse and enjoy or return to the fridge to set more.