



THIS WEEK'S TASTY RECIPE

CHOCOLATE MOUSSE

SERVES 8

INGREDIENTS

300g good quality dark chocolate (70% cocoa solids), broken into small pieces

sea salt

8 large free-range eggs

100g caster sugar

300ml double cream

75ml Amaretto

MAKE IT FRESH AT HOME

Ingredients available at Coles and Woolworths

METHOD

1. Place the dark chocolate and a tiny pinch of salt in a heatproof bowl and sit it over a pan of gently simmering water, making sure the water doesn't touch the base of the bowl. Leave to slowly melt, stirring occasionally.
2. Meanwhile, separate your eggs so you have the whites in one bowl and the yolks in another. Add the sugar to the bowl of yolks and beat until the sugar has dissolved and its silky and smooth. Whisk the whites with a tiny pinch of salt until they form soft peaks – you should be able to hold the bowl upside down over your head without them falling out!
3. In a third bowl, beat the cream until slightly thick and just whipped. Once the chocolate has melted, carefully lift the bowl out of the pan. Add 75ml (3 shots) of amaretto and the cocoa powder to your bowl of yolks and mix well. Tip in the cream and mix again, then fold through the melted chocolate until it's well combined and a gorgeous colour. Finish by tipping in the egg whites, then keep folding, from the outside in in a figure-of-eight until the mix is smooth and evenly coloured.
4. Spoon or ladle the mousse into a big serving bowl or divide between little glasses or cappuccino cups and pop in the fridge for an hour or two until set.