
CHILI CHOCOLATE MOUSSE

REQUIRED EQUIPMENT:

- ☐ mix master or kitchen aid machine or hand mixer
- ☐ medium wire whisk(balloon whisk)
- ☐ large stainless steel bowl
- ☐ dutch oven
- ☐ glass measuring cup
- ☐ measuring spoons
- ☐ medium bowl
- ☐ strainer
- ☐ rubber spatula

INGREDIENTS:

- ☐ 1 ½ tbsp chili flakes (optional)
- ☐ 2 oz or 1/4 cup of 35% heavy cream
- ☐ 16 oz or 2 cup 35% heavy cream for whipped cream
- ☐ 10 oz. or 1 ¾ cup good quality dark chocolate (cut into pea-sized chunks)
- ☐ 1 tbsp cold water
- ☐ ¼ packet or 1 ¼ tsp gelatin
- ☐ ⅓ to ½ cup dark rum or brandy or vanilla
- ☐ ⅓ cup sugar
- ☐ 2 whole eggs
- ☐ 3 egg yolks

PRE-CLASS PREP:

1. Chop chocolate into pea-sized chunks and keep in a microwavable container.
2. Dissolve ¼ packet or 1 tsp of gelatin into 1 tbsp cold water. (Don't worry if it solidifies)
3. Separate 3 egg yolks and put yolks into a bowl with the other 2 whole eggs.

DIRECTIONS:

1. **Optional** If you'd like a little kick to your chocolate steep your cream with chili flakes:
 - a. Pour 1/3 cup of heavy cream into a small microwavable bowl or glass measuring cup and place in the microwave for 45 seconds or longer in order to bring to a boil.
 - b. Remove from the microwave and add chili flakes.
 - c. Cover and allow the cream to cool and chilli flakes to seep for at least 10 to 12 mins., depending on your level of desired spiciness.
 - d. Strain chilies from cream and discard chili flakes but keep cream, this is where we are going to decide how much spice is enough by tasting the cream, adding a few more chili flakes if needed.
2. If you are opting out of the chili cream, just pour the ¼ cup of cream to be ready.
3. Whip the other cream (2 cups) until soft peaks are formed, using a mixmaster or hand held whisk. (Use the mixmaster, your arm will get tired... trust)
4. Refrigerate whipped cream until we are ready to use.
5. Place chopped dark chocolate into a microwaveable bowl/glass measuring cup and put into the microwave to melt.

6. Melt chocolate in 45-30 second intervals stirring between each interval so just to melt not burn.
7. When chocolate is completely melted it should be fluid, and slightly hot, set hot chocolate aside until we are ready to put together the mousse.
8. Dissolve gelatin in cold water and let it stand.
9. Reheat spicy cream mixture in the microwave for 20 seconds if needed.
10. Over medium heat place a dutch oven with 1 inch of water inside and bring to a boil, this will become your "bain marie" or water bath, we are going to use this method to make a "sabayon"
 - a. In a large stainless steel bowl put your whole eggs, egg yolks, sugar and Brandy or dark Rum all together.
 - b. Place this large bowl over your water bath and with a wire whisk begin to whisk vigorously while turning the bowl at the same.
 - c. When mixture becomes thick and pale in colour and large ribbons are formed, remove from the water bath and place on the counter.
11. Place dissolved gelatin into your warm egg and sugar mixture and incorporate.
12. Fold melted dark chocolate along with half of the (spicy if you opted in) cream into the "sabayon" gently folding to incorporate.
13. Add the last of the cream to the chocolate "sabayon" mixture, folding until the entire mixture is smooth, do not overmix.
14. Remove whipped cream from the fridge and fold into a slightly warm chocolate sabayon mixture. Scoop a couple spoonfuls at a time.
15. Pour the chocolate mousse into your decorative serving bowl(s), cover with plastic wrap and refrigerate until serving.