

Mom's Blender Chocolate Mousse with Lemon Cream

Carolyn T's
Main Cookbook

Servings: 4

Author: Sarah Tanaglia's (editor at Bon Appetit) mother's recipe

Source: Bon Appetit, 2008



Notes: Oh SO easy. Make a few hours ahead of dinner or for guests. Scrumptious and they'll never know you didn't slave over it.

Description: Not my mom, but an editor's at Bon Appetit

1. Place chocolate chips in blender container. Bring water, sugar and espresso powder to a boil (glass measuring cup in microwave works fine) and stir to dissolve. Pour over chocolate chips. Place lid on blender and blend for 5 seconds.
2. Add egg whites and blend further for one minute. Pour into 4 small cups, cover and chill.
3. Allow to chill at least 2 hours until mousse sets up.
4. In a small bowl combine the whipping cream, sugar, juice and lemon peel and mix with hand mixer or whisk until cream forms soft peaks. Spoon over mousse and serve.

1 cup semisweet chocolate chip

3/4 cup water

2 tablespoons sugar

1/4 teaspoon instant espresso granules, or instant coffee

3 large egg whites

WHIPPED CREAM:

1/3 cup whipping cream

1 teaspoon lemon juice

1/2 teaspoon lemon peel, grated

1 tablespoon sugar

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 319 Calories; 20g Fat (51.8% calories from fat); 5g Protein; 37g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 55mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 2 1/2 Other Carbohydrates.

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