

Dark Chocolate Pudding Mousse with Tofu

From a cooking class with Susan V, Feb. 2020



Servings: 6

1. In a blender or food processor, puree the tofu until it is smooth.
2. Put the chopped chocolate, cocoa powder, water and brandy in a saucepan or heat-proof bowl fitted over a pot containing 1-inch barely simmering water. Stir frequently, until melted and smooth. Remove from heat.
3. Mix in 1/2 cup of sugar, a little at a time, until smooth. Add the chocolate mixture to the tofu and puree until smooth and well blended, scraping down the sides once or twice. Taste for thickness - if too thick, add a little bit of milk (1-2 tablespoons) and re-whiz until it's to your liking. Spoon the mousse into serving dishes, cover and refrigerate for at least an hour.
4. TOPPING: Whip the cream with a beater. When the cream is almost completely whipped, add the remaining 1/2 teaspoon of sugar and finish whipping. Top each serving with a dollop of whipped cream and a sprinkle of chocolate shavings and serve.

19 ounces tofu, drained (don't use firm or silken)
4 ounces dark chocolate, bittersweet preferably,
high quality, finely chopped
1/3 cup cocoa, preferably Dutch-processed
1/3 cup water
1 1/2 tablespoons brandy
1/2 cup sugar, plus 1 tablespoon
TOPPING (makes a very small amount):
1/4 cup heavy cream
1/2 teaspoon sugar
1 1/4 teaspoons chocolate, shaved on top

Per Serving (excluding unknown items): 294 Calories; 15g Fat (44.4% calories from fat); 9g Protein; 32g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 20mg Sodium; 28g Total Sugars; trace Vitamin D; 348mg Calcium; 7mg Iron; 258mg Potassium; 150mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com