Chocolate Mousse - the Best Dessert for the Guest and Family by Mark Bennett

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The craving for chocolate mousse does not seem to reduce for many people. The very sight of the dark chocolate immersed in the mousse makes you go for it at any cost. The feeling of the chocolate mousse melting in your mouth as your taste buds relish it is inexplicable.

Chocolate mousse is the specialty in French restaurants and it became a part of the American culture during the 1960's. Every household in US devours this dish with great delight and has become a well enjoyable dessert for guests and families. The word 'mousse' is derived from French which means lather or foam as this dish uses air bubbles to get the light and airy texture, making it soft and fluffy. Usually a mousse can be prepared by using chocolate or other exotic fruits like strawberry, pineapple as also pureed fruits like applesauce and mashed banana.

You can have unexpected guests at your door steps or maybe the need to prepare a dessert at dinnertime. Serving chocolate mousse is the best option as it is quiet easy to prepare and tasty to eat. What makes this dish a good entertaining dessert is that it looks great and everyone can have as much as they want. There is no limit on the number of quantities that is served as it is quite liked and relished by everyone.

Preparing a chocolate mousse is easy, and doesn't take a lot of time. You can make it a day before or a few hours before you serve. The ingredients are quite easy and are found in normal convenience stores. Most people use milk chocolate or bittersweet chocolate to prepare a chocolate mousse. The one thing I like to use is a less bittersweet chocolate i.e. dark chocolate because if you want to enjoy the chocolate you need to experience the taste of the cocoa.

Using the sweet chocolate will not give you the taste of the cocoa, which is what makes the chocolate irresistible. If you want to enjoy the true experience of chocolate mousse, always use a dark chocolate.

Just a few days back on my TV connected to Dish Network, I was watching the show Nigella's Kitchen. The main dish of the show was a dark chocolate mousse and I was very much excited to see the dish being prepared and found it hard to resist writing down the ingredients. To make a chocolate mousse is simple and easy.

You would need the following things - four and a half ounces of finely chopped bittersweet chocolate (I prefer using dark chocolates instead), two tablespoons of unsalted butter, two tablespoons of espresso or strong coffee (you can use the decaf espresso from the local Starbucks), one cup of heavy cream, three large eggs (separate the white and the yolks) and one tablespoon of sugar.

First what you need to do is whip the cream and store it into the refrigerator. Then take the chocolate, butter and espresso and mix them into a boiler of hot but not simmering water. Stir the ingredients frequently until they become smooth. After that allow the chocolate mixture to cool down but not below the room temperature. Once the chocolate mixture has cooled slightly, take another bowl and whip the egg white in it until it becomes foamy and begins to have a shape. Then sprinkle some sugar on it and beat it until it becomes soft.

Now take the chocolate mixture and stir the yolks into it. Then gently add one third of the whipped cream which was kept in the refrigerator and stir it for some time. Fold in half of the egg whites into the chocolate mixture until the mixture becomes soft and then fold in the remaining whites and at last the remaining whipped cream into the mixture.

Now your chocolate mousse is ready. Serve it into a serving bowl or individual dish with a spoon. If you want you can layer the mousse with fresh raspberries and whipped cream. Refrigerate the chocolate mousse at least for eight hours or even for a day.

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Mark is a freelance writer and enjoys writing about cuisines and Christmas delicacies. He is an ardent food junkie especially of chocolate. Besides writing articles, Mark enjoys spending time watching comedy, action movies and other programs on his TV connected to a Dish Network.

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