



WINE AND OLIVE ESTATE

BITTERSWEET CHOCOLATE MOUSSE, OLIVE OIL AND SEA SALT

RECIPE 68/98

This mousse is all about chocolate. The luscious addition of extra virgin olive oil warms up on your palate and helps swirl rich, bittersweet-chocolate all around your palate. YUM!

I like to use fragrant vanilla beans for this recipe, but vanilla extract would be a fine substitute.

The mousse can be served frozen as a semifreddo or as a chilled dessert. The mousse can be made several days ahead of serving.

What you will need:

198 grams bittersweet chocolate (must be at least 70%.)*

1/3 cup brewed coffee

1/2 cup **Morgenster Extra Virgin Olive Oil**

4 eggs separated

2/3 cup powdered sugar**

1 vanilla bean, scraped

Sea salt (garnish)



How to prepare:

Over a double boiler, or in a bowl fitted over a pot of simmering water, melt the chocolate with the coffee. Remove the bowl and add the olive oil and set aside to cool

Combine the yolks, powdered sugar and vanilla bean and whisk until foamy, add the cooled chocolate mixture.

Beat the whites to stiff peaks, fold the whites, in 3 additions, into the chocolate.

For a frozen dessert: Line a cake pan or mould with plastic wrap. Sprinkle the bottom with sea salt. Pour the mousse into the mould and chill 8 hours or freeze for 3 hours. Invert onto a plate and peel off the plastic. Garnish with fresh fruit.

Or for a chilled dessert: distribute the mousse into individual dessert cups, chill for at least 2 hours before serving. Garnish with sea salt, fresh fruit or lightly whipped cream.

Recipe supplied by Laura Frankel.