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AMES, IA 50010
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M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Silky, Spicy Chocolate Mousse

Serves 2-4

Chocolate mousse has a fancy reputation, but is actually deceptively easy to make! This recipe, in particular, comes together in no time with light and airy results characteristic of any successful mousse. Keep things hot this Valentine's Day by adding just a little cayenne kick-- it creates the slightest of spicy sensation that naturally pairs nicely with chocolate! We recommend preparing this sweet ending the day before to allow plenty of relaxation on the day of your date night.

Ingredients:

1 egg
2 tablespoons sugar
1-1/4 cup cold heavy whipping cream, divided
3 oz semi-sweet chocolate chips (roughly 1/2 cup)
1/8 teaspoon cayenne pepper

Directions:

1. In a stand mixer, beat the egg and granulated sugar until fully incorporated.
2. Meanwhile, in a small saucepan over medium heat, warm 1/2 cup heavy whipping cream until hot, about 170 degrees F. Be careful to NOT boil the whipping cream. Pour the hot cream into the egg mixture slowly in a thin stream on low speed, (or continually whisking) until combined. (A slow stream and continually movement will help keep the mixture from curdling.)
3. Add the combined egg and cream mixture back into the saucepan and over low heat, stir constantly until thickened. Take care to NOT boil the mixture.
4. Remove the mixture from the heat, and stir in the chocolate chips until they are fully melted. Fold in the cayenne pepper. Cover and refrigerate the mixture for 2 hours, or until fully chilled, stirring occasionally.
5. When the chocolate mousee base is completely chilled, whip the remaining heavy cream in a cold mixing bowl until stiff peaks begin to form. Next, fold the stiff whipped cream into the mousse base until fully incorporated and smooth.
6. Distribute the mousse into small ramekins or dessert dishes. Cover and chill until ready to serve. Dust with additional cayenne and flake salt, if desired.