

CHOCOLATE MOUSSE

ingredients:

200g dark chocolate – I used Canderel sugar free chocolate

200g dairy milk chocolate – I used Canderel sugar free chocolate

one pinch salt

2 pinches Chinese 5 spice powder

8 drops peppermint essential oil – you can use a teaspoon of peppermint essence, or a 35g bar of peppermint crisp chocolate

6 egg separated

6 teaspoons castor sugar – I used fructose

250mls cream

fresh mint to garnish

method:

melt the chocolate with the salt and the 5 spice over a bain marie

if you are using a peppermint crisp bar, melt it with the chocolate

remove from the heat and add the essential oil (or the essence)

beat the egg yolks until fluffy

beat the egg whites with the castor sugar until stiff

beat the cream until firm

fold the egg whites into the cream

add the melted chocolate to the egg yolks and stir in quickly

slowly fold in the cream and egg white mixture

place in the fridge to set and serve with the fresh mint as a garnish

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