



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Premium Chocolate Mousse (from Cooks Illustrated)

8 ounces bittersweet chocolate, 62 to 70 percent cacao, chopped fine
3 tablespoons granulated sugar
2 tablespoons cocoa powder, preferably Dutch-processed
1 teaspoon instant espresso powder
7 tablespoons water
1 tablespoon brandy
3 large eggs, separated
 $\frac{1}{8}$ teaspoon table salt
1 cup heavy cream, plus 2 more tablespoons (chilled)

1. Melt the chocolate, 2 tablespoons sugar, cocoa powder, espresso powder, water, and brandy in a medium heatproof bowl set over a saucepan filled with 1 inch of barely simmering water, stirring frequently until smooth. Remove from the heat.
2. Whisk the egg yolks, $1\frac{1}{2}$ teaspoons sugar, and salt in a medium bowl until the mixture lightens in color and thickens slightly, about 30 seconds. Pour the melted chocolate into the egg mixture and whisk until thoroughly combined. Let cool until slightly warmer than room temperature, 3 to 5 minutes.
3. In the clean bowl of a standing mixer fitted with the whisk attachment, beat the egg whites at medium-low speed until frothy, 1 to 2 minutes. Add the remaining $1\frac{1}{2}$ teaspoons sugar, increase the mixer speed to medium-high, and beat until soft peaks form when the whisk is lifted, about 1 minute. Detach the whisk and bowl from the mixer and whisk the last few strokes by hand, making sure to scrape any unbeaten whites from the bottom of the bowl. Using the whisk, stir about one-quarter of the beaten egg whites into the chocolate mixture to lighten it; gently fold in the remaining egg whites with a rubber spatula until a few white streaks remain.
4. Whip the heavy cream at medium speed until it begins to thicken, about 30 seconds. Increase the speed to high and whip until soft peaks form when the whisk is lifted, about 15 seconds longer. Using a rubber spatula, gently fold the whipped cream into the mousse until no white streaks remain. Spoon the mousse into 6 to 8 individual serving dishes or goblets. Cover with plastic wrap and refrigerate until set and firm, at least 2 hours. (The mousse may be covered and refrigerated for up to 24 hours.)