

## FROZEN CHOCOLATE MOUSSE CAKES (w/raspberry coulis and vanilla gelato)

### INGREDIENTS FOR GROUP OF 4

125mL	CHILLED WHIPPING CREAM
1 mL	VANILLA
15 mL	FINE SUGAR

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### INGREDIENTS FOR PAIR OF 2

1	LARGE EGGS, SEPARATE THE EGGS FROM THE WHITES
50 mL	FINE SUGAR

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30 mL	HOT TAP WATER or COFFEE
15 mL	SUGAR
2 mL	VANILLA EXTRACT
1 mL	OTHER EXTRACT ( BANANA, MINT, MAPLE) OPTIONAL
2 squares	SEMI-SWEET CHCOLATE, FINELY CHOPPED (you can use dark or milk as well)
60 mL	SEMI-SWEET CHOCOLATE CHIPS

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### Raspberry Coulis

250 mL	FROZEN RASPERRIES
60 mL	SUGAR
30 MI	WATER

### METHOD:

1. **(AS A GROUP OF 4)** In your medium metal bowl beat together your whipping cream and vanilla until soft peaks form. At the end beat in the 25 ml of sugar till firm. Divide the whipped cream equally into two white soup bowls. Wash out the bowl to use for step #4.
2. Put a circle of wax paper on the bottom of the ramekin/custard cup. Separate your first egg and put the white in the small bowl and the yolk in a custard cup. With the second egg, get rid of the white but keep the yolk and add it to the other one in the custard cup. Beat up the yolks a little bit with a fork.
3. Beat your egg white in the small bowl until **soft peaks** form, then add the 15 mL of sugar a little at a time (in 3 portions) until the whites look glossy and stiff.

4. Put the hot tap water or coffee, sugar and extracts in your medium metal bowl and stir. Add the chopped chocolate and chocolate chips. Fill the bottom of a medium pot with about 1 inch of water. Put the water on medium heat and when it begins to steam set the bowl with the chocolate mixture in it over the hot but not boiling water and melt your chocolate. Once it is almost fully melted remove it from the heat and stir till completely melted. **DO NOT OVERHEAT THE CHOCOLATE OR IT WILL HARDEN.**
5. Whisk the chocolate to cool it down a bit. Pour the 2 beaten egg yolks into the chocolate in a slow stream while whisking continuously.
6. Add the whipped cream to the chocolate mixture and fold it in till the mixture is smooth. Then fold in the whipped egg whites until you no longer see any white streaks. **BE CAREFUL TO FOLD IT IN SO YOU KEEP THE AIR BUBBLES IN THE WHITES INTACT.**
7. Divide the chocolate mousse evenly between the two ramekins. Fill the ramekin about two thirds full. Place a cake disc on top, cover with saran wrap. Label and freeze on the tray.

## DAY 2

8. Place the frozen raspberries, sugar and water in a small pot and turn the heat on high. Boil the mixture for 3-5 mins stirring occasionally to break up the raspberries. Place your sifter over a medium metal bowl and pour the berry mixture into the sifter.
9. Strain the liquid through by pressing the berries with a metal spoon to remove all of the juice, just leaving the seeds behind in the sifter. Use your plastic spatula to scrape all of the puree off the bottom of the sifter. Turn the sifter upside down in the sink and run hot water over it to wash the raspberry pulp and seeds down the sink. Let the raspberry liquid cool so that it thickens slightly.
10. To plate your dessert. To remove your cake from the ramekin: use hot tap water to heat up the blade of a small paring knife and run it around the side of the mousse to release it from the side. Invert it onto a small dessert plate. Use your raspberry coulis by either pouring it around the base or making designs on the plate. You can also save some to drizzle on top if desired after you add the ice cream.
11. Serve it with sweetened whipped cream or a small dollop of vanilla ice cream and a mint leaf garnish. As a variation you could also pipe dots of white chocolate ganache around the plate on top of the raspberry sauce and then use a small sharp knife to pull each dot center to make hearts around the plate. Or you could use a chocolate sauce to drizzle as well.