

THE CULINARY

Playground



White Chocolate Mousse with Summer Berries

(you can use bittersweet chocolate to replace the white chocolate in this recipe)

{Makes 8 servings}

1 1/4 cups heavy cream

8 ounces high quality white chocolate, finely chopped

4 large eggs, separated

3 tablespoons confectioners' sugar

4 cups assorted fresh berries, such as raspberries and blueberries

1. Pour 1/4 inch water into a medium skillet and bring to a bare simmer over low heat. Pour 1/4 cup of the heavy cream into a heatproof small bowl. Add the white chocolate. Place the bowl in the skillet and turn off the heat. Let the chocolate melt, stirring occasionally. Remove the bowl from the heat and let cool slightly.
2. In a medium bowl, whisk the egg yolks until pale yellow and thicken gradually whisk in the melted chocolate mixture. Place the bowl in a larger bowl of ice water. Let stand, stirring often, until tepid, about 10 minutes. (If the mixture is too warm, it will melt the whipped cream in the next step.)
3. Beat the remaining 1 cup heavy cream in a chilled medium bowl with an electric mixer on high speed until stiff peaks form. Stir one-quarter of the whipped cream into the white chocolate mixture to lighten its texture. Fold in the remaining cream.
4. Using clean beaters, whip the egg whites in a medium bowl with an electric mixer on high speed until soft peaks form. Add the confectioners' sugar and whip just until the peaks are stiff and shiny. Stir one-quarter of the beaten egg whites into the white chocolate mixture, and then fold in the remaining whites.
5. Divide the mousse among 8 individual bowls or wine glasses. Cover each with plastic wrap and refrigerate until chilled and set, at least 3 hours or up to 24 hours. Garnish with berries and white chocolate curls; serve chilled.