



Healthy Chocolate Mousse

Dauro Extra Virgin Olive Oil Replaces Butter!

Ingredients:

1 tablespoon good quality coffee
1/8 teaspoon ground cardamom
4 oz (125 g) bittersweet chocolate
(preferably a dark, rich chocolate,
broken or chopped into small pieces)
1 tablespoon Dauro oil

4 eggs at room temperature, carefully separated
1 tablespoon sugar
1/8 teaspoon cream of tartar
strips of candied orange peel OR blueberries
Maple syrup for drizzling over mousse

Instructions:

1. Add the cardamom to the tablespoon of coffee and stir.
2. Place the chocolate, oil, and coffee in a heatproof bowl and set over (but not touching) barely simmering water in a saucepan. Stir occasionally until melted.
3. In a separate bowl, combine the egg yolks and sugar. Whisk until increased in volume and very light – 3 to 4 minutes.
4. While stirring the melted chocolate with a wooden spoon, gradually blend in the beaten yolks.
5. Place the egg whites and cream of tartar in another clean, dry bowl. Using a clean whisk or beaters, beat until stiff peaks form that hold their shape but are not dry.....DO NOT OVERBEAT OR WILL BECOME DRY AND START TO BREAK APART. Whites beaten with a light hand whisk will mix most successfully into the chocolate.
6. Add about one-fourth of the beaten whites to the chocolate mixture and, using a rubber spatula, fold in gently to blend. Then add the remaining egg whites and gently fold in just until no white streaks remain. Pour into champagne glasses or other serving glasses.
7. Cover the tops with paper towels to absorb any condensation but make sure the towels do not touch the mousse.
8. Refrigerate for several hours until well set.
9. Optional: at the table, drizzle some maple sugar in the center of the serving glass, place a few blueberries on top or place candied orange peel at the edge of the glass.

Enjoy!

Your feedback is appreciated.

Dolores Smith info@theolivarcorp.com * 519.833.0240