

Chocolate Mousse - Barefoot Contessa - Ina Garten Recipe #204118

www.barefootcontessa.com

by Tigerlillyblu

30 min | 30 min prep

SERVES 8

1 cup semi-sweet chocolate chips
 1 ounce unsweetened chocolate, chopped
 1/4 cup freshly brewed coffee
 1 teaspoon instant coffee powder
 1/4 cup Grand Marnier
 1 tablespoon armagnac or cognac or brandy
 1 teaspoon pure vanilla extract
 12 tablespoons unsalted butter, diced, at room temperature
 8 extra-large eggs, separated, at room temperature
 1/2 cup sugar, plus
 2 tablespoons sugar, divided
 kosher salt
 1/2 cup cold heavy cream
 sweetened whipped cream, for decoration

1. In a heat-proof bowl set over a pan of simmering water, melt the two chocolates, coffee, coffee powder, Grand Marnier, Armagnac, and vanilla extract. Cool to room temperature. Beat in the softened butter.
2. Meanwhile, place the egg yolks and the 1/2 cup of sugar in the bowl of an electric mixer fitted with the paddle attachment. Beat on high speed for about 5 minutes, until pale yellow; when you lift the beater, the mixture will fall back on itself in a ribbon. With the mixer on low speed, blend in the chocolate mixture. Transfer to a larger mixing bowl.
3. Measure 1 cup of egg whites and freeze or discard the rest. Combine the cup of egg whites with a pinch of salt and 1 tablespoon of the remaining sugar in the bowl of an electric mixer fitted with the whisk attachment. Whisk on high speed until stiff but not dry. Mix half of the egg whites into the chocolate mixture; then fold the rest in carefully with a rubber spatula.

Nutrition Facts

Serving Size 1 (142g)

Recipe makes 8 servings

The following items or measurements are not included below:

1/4 cup Grand Marnier

armagnac

Calories 470

Calories from Fat 330 (70%)

Amount Per Serving	%DV
Total Fat 36.7g	56%
Saturated Fat 21.0g	105%
Monounsaturated Fat 10.9g	
Polyunsaturated Fat 1.9g	
Trans Fat 0.0g	
Cholesterol 311mg	103%
Sodium 92mg	3%
Potassium 208mg	5%
Total Carbohydrate 30.9g	10%
Dietary Fiber 1.8g	7%
Sugars 27.7g	
Protein 9.1g	18%
Vitamin A 1033mcg	20%
Vitamin B6 0.1mg	5%
Vitamin B12 0.8mcg	13%
Vitamin C 0mg	0%
Vitamin E 1mcg	4%
Calcium 56mg	5%
Iron 2mg	13%

detailed view...

4. In the same bowl of the electric mixer fitted with the whisk attachment, whisk the heavy cream and the remaining 1 tablespoon of sugar until firm. Carefully fold the whipped cream into the chocolate mixture. Pour the mousse into a 2-quart serving dish. Cover with plastic wrap and chill for a few hours or overnight and up to a week.
5. Decorate with sweetened whipped cream just before serving.

how is this calculated?

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