



# DARK CHOCOLATE & SEA SALT MOUSSE



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## Author Note: Life Lessons from French Chocolate Mousse

If the popularity of books like the ever-classic *Mastering the Art of French Cooking* by Julia Child and *How to Be Parisian Wherever You Are* point to anything it's our curiosity about French culture, style and elegance. Our seduction by the ideals of grace and effortlessness, which are such stark contrasts to our own busy, messy lives. With three young daughters, I'm about as graceless and frazzled as they come. My days are

packed to the brim, and just when life feels as busy as it can get . . . it seems to get busier? How on earth does a person fold in new ingredients?! All I can advise, from my limited experience is—gently and one at a time. I learned this from making the quintessential French chocolate mousse. Chocolate mousse has a lot to teach us about how to live in our messy lives. Here are another couple ideas:

- Share. It helps to find similarly harried friends who make room in their lives for supportive eye-rolling when you need to complain. Friends who send amusing texts to brighten your day when it all goes pear-shaped.
- Start again. If a day does go pear-shaped—or in the case of the mousse, split and separate—it's probably best to laugh and try afresh. The next time is likely to work out better, and there is probably leftover dark chocolate to devour from the first attempt.

Add in gently, share and start again—this is the wisdom chocolate mousse can offer us for a less frazzled life; one that is filled with more ease and grace. A life that is a little bit French.

—Hannah Tunnicliffe

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A rich, cool, and elegant dessert, ideal for summer dinner parties. The addition of salt is a nod to the Breton coast of northwest France and the region's famous Guérande sea salt. Serve outdoors and in French jam jars for additional prettiness.

Serves 6

## INGREDIENTS:

- 1¼ cups of heavy whipping cream
- 3 egg whites from fresh organic eggs
- 8 ounces / 230 g of good quality dark chocolate  
(containing at least 65% cocoa solids)
- ½ cup milk
- ½ teaspoon of sea salt  
(Guérande fine grey sea salt if available)

## METHOD:

Place the chocolate, milk, and salt in a small bowl and microwave in short bursts until the chocolate is melted (usually two sets of 30 seconds). Mix together until well incorporated and set aside.

Place the whipping cream into a large, chilled bowl and whip until there are soft peaks. In a separate bowl, whip the egg whites until they are very white with stiff peaks and set aside. In the large bowl with the cream, very slowly and gently fold in the melted chocolate and milk mixture. Aim to maintain as much air (that you whipped into the cream) as possible.

Once the chocolate is evenly mixed in, add the egg whites and continue to fold gently until all three elements are completely incorporated. Then, divide the mousse among six containers and chill for at least four hours. Serve chilled, topped with a spoonful of whipped cream, chocolate shavings, or fresh summer berries.

