



LAINSTON HOUSE

AN EXCLUSIVE HOTEL

MILK CHOCOLATE MOUSSE

with caramelised apple

Chocolate mousse (approx. 15 portions)

150g caster sugar
150g double cream
5 egg yolks
270g dark chocolate
550g double cream

Method

In a saucepan place the sugar and bring to a dark caramel over a medium heat. Whilst the sugar is coming up to caramel, whisk the egg yolks with an electric beater. Once the sugar has gone to dark caramel, pour in and mix the 150g cream. Pour this mixture into the eggs and mix continuously until cold (it's best to use an electric mixer for this). Whilst the eggs and sugar are cooling, whisk the cream to ribbon stage. Melt the chocolate in a separate bowl. Once the eggs are cold, pour and fold in the melted chocolate. Then fold in the cream. Pipe into moulds or serve in espresso cups. Place in fridge and serve with fresh berries or mint.

Caramelised apple

Sugar
Apples in thick slices

Method

Caramelise a handful of sugar in the frying pan and add the apples, turning them until caramelised.