

MASTER CHEF RECIPES



YIELD 10 SERVINGS

DARK CHOCOLATE EVOO MOUSSE

BY KEN ARNONE, CMC

INGREDIENTS

10 oz Dark chocolate, 74%, chopped
8 ea Eggs, large, separated
1/2 cup plus 2 Tbl Sugar, granulated
1/2 cup Colavita Spanish EVOO
3 Tbl Cognac
2 Tbl Espresso
1/4 tsp Cream of tartar
1/8 tsp Sea salt

METHOD

1. Scale all ingredients and clean glasses or molds.
2. Place the cognac in a small saucepan and reduce by $\frac{1}{2}$, remove from the heat and cool to room temperature.
3. Place the chocolate in a stainless-steel bowl and melt over a double boiler, set at low-medium heat. Stir until completely melted, set aside in a warm place until needed.

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METHOD (CONTINUED)

4. Whisk the whites and the cream of tartar until medium peak & set aside.
5. Combine the yolks and the sugar, whisk over a double boiler until it reaches 140F and begins to form a ribbon.
6. Remove the yolks from the heat and continue whisking constantly until very pale yellow and the mixture increases in volume by approximately 2X and is very thick. Use a stand mixer if possible.
7. Slowly add the cognac, espresso and salt while whisking constantly.
8. Slowly add the EVOO while whisking constantly, ensure that the oil is fully incorporating before adding the full amount.
9. Check the temperature of the chocolate to ensure that it is still fluid, warm slightly as needed, then slowly add to the yolk mixture while whisking constantly.
10. Fold the whites into the mixture using a whisk 1/3 at a time until fully incorporated.
11. Place the mousse in a piping bag and fill the glasses/molds and refrigerate until completely set.