



Milk chocolate mousse

30'
Hands on

6
Portion(s)

1
Difficulty



Ingredients

- 2,4 g gelatin sheets
- 350 g heavy cream 35%
- 200 g milk, 3,5%
- 225 g milk chocolate couverture

To serve

- milk chocolate couverture, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

421 Calories (kcal)	33.0 Total Fat (g)	21.0 Saturated Fat (g)	25.0 Total Carbs (g)
21%	47%	105%	10%

24.0 Sugars (g)	5.3 Protein (g)	0.9 Fibre (g)	0.12 Sodium (g)
27%	11%	4%	2%

Method

- Soak the gelatin sheets in a [bowl](#) with water.
- Beat the heavy cream until it starts to look like a light whipped cream.
- Bring the milk to a boil and remove from heat. Allow it to cool for 2 minutes.
- Remove the gelatin sheets from the water and press them gently to remove excess water. Add them to the hot milk. Mix until they dissolve completely.
- Finely chop the chocolate couverture and put it in a bowl.
- Add half of the milk-gelatin mixture to the chocolate and stir to combine. Gradually add the remaining milk and stir until smooth. Allow the mixture to cool a little.
- Add the whipped cream at once into the bowl with the chocolate. Gently fold in with a spatula until both mixtures become completely incorporated.
- Put the mousse into serving glasses. Refrigerate to chill.
- Serve with finely chopped chocolate couverture.