



Chocolate Mousse with Olive Oil and Spicy Walnuts

20'
Hands on

3 hours'
Hands off

5'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

For the mousse

- 200 g chocolate couverture, finely chopped
- 120 ml olive oil
- 4 eggs, separated
- 80 g granulated sugar
- 20 ml coffee, espresso
- 20 ml brandy

For the spicy walnuts

- 80 g walnuts
- 25 g icing sugar
- 1 teaspoon(s) brandy
- 1/4 teaspoon(s) chili flakes

Διατροφικός πίνακας

Nutrition information per portion

600 Calories (kcal)	46.0 Total Fat (g)	13.0 Saturated Fat (g)	32.0 Total Carbs (g)
30%	66%	65%	12%
27.0 Sugars (g)	10.0 Protein (g)	3.4 Fibre (g)	0.19 Sodium (g)
30%	20%	14%	3%

Method

- Put the chocolate in a bowl. Cover bowl with plastic wrap. Place in a microwave for 1 ½ minute on 800 watts, until it melts.
- Add the olive oil in a slow steady stream while beating with a hand whisk, until all of the ingredients are completely combined. Set aside.
- In a mixer, beat the egg yolks and half of the sugar 2-3 minute, until light and fluffy. Add the chocolate mixture, coffee and cognac. Transfer to a bowl and set aside.
- Wash the mixers bowl and make sure it is completely dry.
- Beat the egg whites along with a pinch of salt, using the whisk attachment. Beat for about 1-2 minutes, until light and fluffy. Gradually add the remaining sugar and gently beat until glossy stiff peaks form.
- When the meringue is ready, transfer 1/3 of the meringue to the chocolate mixture, with the aid of a spatula.
- Mix together until the chocolate mixture becomes less thick. Add another 1/3 of the meringue and gently fold in. (This is done gently so that our mousse remains airy and fluffy.) Add the remaining 1/3 of meringue and fold in the same gentle manner.
- Divide the mousse into 6 200 ml serving glasses. Refrigerate for 1-2 hours, until firm.

For the spicy walnuts

- Preheat oven to 180* C (350* F) Fan.
- Combine all of the ingredients for the spicy walnuts into a bowl, along with ½ teaspoon of salt. Spread on to a baking sheet lined with parchment paper. Bake for 4-5 minutes, until golden brown and crunchy. Remove from oven and allow them to cool to room temperature.
- To serve, crumble the spicy walnuts over the mousse.