

Raciones para 1

180 g
Melting chocolate
120 g
Icing sugar
1 pinch
Salt
3
Eggs
1 teaspoon
Vanilla essence
200 ml
Cream 35 % fatty matter

Strawberries to decorate

- 1 Melt the chocolate in a water bath or in the microwave. Reserve and let cool.
- 2 Separate the whites from the yolks.
- 3 In a bowl put the yolks together with the icing sugar, beat with the help of some electric rods until the mixture blanches.
- 4 Incorporate melted chocolate, cream, pinch of salt and vanilla into the yolks. Beat a few minutes until everything is integrated, a spongy mixture should remain.
- 5 Mount the egg whites until stiff and add them to the previous preparation with enveloping movements.
- 6 Spread the mousse in the cups or bowls where they are going to be served and put in the fridge for at least 3 hours.
- 7 Decorate with a strawberry or some red fruit.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/mousse-de-chocolate-y-fresas/>

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