

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/en/receta/mousse-de-chocolate-y-fresas/>

