

Surprise Chocolate Mousse

Recipe By *Michal Frischman*



Cooking and Prep:  5 h

Serves:  8

Contains:  

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Passover

Diet: Vegetarian, Pescetarian,

Gluten Free

Source: Family Table by

Mishpacha Magazine

You may notice an ingredient in this recipe that's not exactly a typical dessert food... I find it's better just not to mention it to the husband and the kids. You can leave the avocado out if you must, but it really enhances the balance of flavor and texture quite a bit.

Ingredients (12)

Mousse

- 1 cup egg whites or **Haddar Egg Whites**
- 1 cup sugar
- 1 vanilla bean, scraped
- 9 ounces semi-sweet chocolate
- 2 tablespoons water

2 eggs yolks

1/4 teaspoon salt

1 avocado

Topping

6 ounces ground almonds

1 cup brown sugar

1 tablespoon cinnamon

1/2 cup oil

Start Cooking

For the Mousse

1. Heat the egg whites and sugar over a double boiler until the sugar is fully dissolved and no longer grainy when you rub it between your fingers. If you'd prefer to avoid raw eggs altogether, continue cooking until the mixture reaches 160 degrees, then remove from heat.
2. Transfer to a stand mixer and add the scraped insides of the vanilla bean. Mix on medium speed for 5–7 minutes until you achieve medium peaks.
3. Meanwhile, in the same double boiler bowl (no need to wash), melt the chocolate, egg yolks and water and salt. When smooth, and the mixture is hot, remove from heat and cool for 10 minutes.
4. Meanwhile, mash the avocado very well until there are no lumps. (You may find a whisk will do the job). Fold the avocado into the cooled chocolate. Then fold the meringue in, a little at a time so the structure is preserved. Spoon into individual serving bowls.
5. Refrigerate at least 4 hours to set before serving. Top with nut crunch before serving.

For the Nut Crunch

- 1.

Spread the almonds, brown sugar and cinnamon on a baking sheet lined with Gefen Easy Baking Parchment. Drizzle the oil over and lightly use your fingers to pinch it into the dry ingredients. Bake at 350 degrees for 20 minutes.

Note:

Can be made in advance and stored in an airtight container.

Credits

Photography: Hudi Greenberger.

Styling: Renee Muller.