

BLEU'S WHITE CHOCOLATE MOUSSE

INGREDIENTS:

- I. 8 EGGS WHITES (SEPARATE WELL, JUST A LITTLE YOKE OR WATER WILL STOP THE WHITES FROM MAKING STIFF PEAKS WHEN BEATEN USE A CLEAN BOWL AND BEATERS) NOTE BELOW.**
- II. 3 TEASPOONS OF CREAM OF TARTAR**
- III. 18 OUNCES OF NESTLE'S WHITE CHOCOLATE MORSELS**
- IV. 2 CUPS OF HEAVY WHIPPING CREAM FOR THE WHIPPED CREAM**
- V. 1/3 TO 1/2 CUP OF HEAVY WHIPPING CREAM FOR THE WHITE CHOCOLATE MIXTURE (MAYBE MORE)**
- VI. 1 CUP OF SIFTED CONFECTIONERY SUGAR (FOR THE WHIPPED CREAM) ADD A SMALL AMOUNT AT A TIME AND MIX BEFORE ADDING ADDITIONAL SUGAR)**
- VII. 1 CUP OF GRANULATED WHITE SUGAR FOR BERRY SAUCE**
- VIII. 1 TABLESPOON OF PURE VANILLA EXTRACT (THE REAL ONE, FOR BERRY SAUCE)**
- IX. 1 TABLESPOON OF REAL LEMON JUICE (FRESH SQUEEZED)**
- X. 2 TABLESPOONS OF COGNAC (OR BRANDY. I PREFER COGNAC) FOR BERRY SAUCE**
- XI. 5 CUPS OF FRESH RASPBERRIES FOR SAUCE (SAVE ONE CUP WHOLE BERRIES FOR GARNISH, PLUS YOU SHOULD HAVE SOME LEFT FOR OTHER RECIPES)**

INSTRUCTIONS FOR RASPBERRY SAUCE:

NOTE: HOLD 1 CUP OF WHOLE BERRIES FOR PRESENTATION. MAKE SAUCE FIRST.

COVER BERRIES IN WATER (BARELY COVERING BERRIES) IN A 2-3-QUART POT.

START THE BERRIES TO BOIL. AS BERRIES BEGIN TO BOIL, START ADDING 1 CUP (OR MORE TO TASTE) OF WHITE GRANULATED SUGAR. STIR FREQUENTLY. ADD MORE SUGAR, IF NEEDED, TO YOUR LIKING.

DROP SAUCE TO A SIMMER.

STIR IN VANILLA EXTRACT.

STIR IN LEMON JUICE.

STIR IN COGNAC OR BRANDY, STIR UNTIL THE ALCOHOL HAS EVAPORATED AND THE LIQUOR HAS BLENDED IN TO A GOOD TASTE MIX. ADD SLOWLY AS TO NOT OVERPOWER THE SYRUP WITH THE LIQUOR FLAVOR. DO NOT ADD TOO MUCH!

CHECK FOR SWEETNESS, IF NECESSARY, ADD MORE SUGAR. BRING TO A SIMMER. CONTINUE TO COOK UNTIL SAUCE IS THE CONSISTENCY OF A MAPLE SYRUP AND MEETS YOUR TASTE DEMANDS.

IF NOT, EXPERIMENT WITH ADDING OTHER FLAVORS YOU LIKE. I THINK YOU WILL NOT NEED TO ADD ANYTHING ELSE.

IF YOU WANT TO HAVE A THICKER RASPBERRY SAUCE, MIX 1 TABLESPOON OF CORNSTARCH WITH 1 TABLESPOON OF WARM WATER IN A SMALL CONTAINER. MIX WELL UNTIL THE MIXTURE IS LIKE A WHITE THIN LIQUID. USE IMMEDIATELY WHEN MIXED OR THE MIXTURE WILL HARDEN. NEXT, POUR THE MIXTURE INTO THE RASPBERRY SAUCE AND STIR UNTIL YOU DO NOT SEE ANY OF THE WHITE LIQUID AND IT IS BACK TO THE RASPBERRY COLOR.

TURN OF THE HEAT, LET THE SAUCE COOL. PLACE THE SAUCE INTO THE REFRIGERATOR UNTIL FINISHING ALL THE MIXTURES (DIFFERENT BOWLS) FOR THE DISH.

INSTRUCTIONS FOR MOUSSE:

NOTE: USE ONLY PLASTIC OR CERAMIC BOWLS FOR MAKING THIS DISH. METAL BOWLS DO NOT GO WELL WITH EGG WHITES.

NOTE: MAKE SURE WHEN SEPARATING, USE COLD EGGS. THIS IS CRITICAL! THE EGGS YOKES WILL STAY TOGETHER BETTER WHEN COLD. PLACE THE EGG WHITES TO THE SIDE AND GET TO ROOM TEMPERATURE FOR AT LEAST 1 HOUR BEFORE YOU ARE READY TO WHIP THE MERINGUE. SAVE THE YOLKS FOR ANOTHER DISH. YOU CAN FREEZE BOTH WHITES AND YOLKS SEPARATELY. OF COURSE, YOU WILL BE USING THE WHITES IN THIS RECIPE. YOU MAY ALSO LOOK IN "MY TIPS" DIRECTORY FOR A TIP FILE ON MAKING GREAT MERINGUE AND PROBLEMS TO AVOID THAT MOST HOME COOKS MAKE VERY OFTEN. PLEASE SEE THE NOTE BELOW ON EGG SEPARATION:

NOTE: IF YOU ARE A NOVICE AT SEPARATING EGGS, PLEASE USE AN EGG SEPARATOR. IF YOU ARE ACCOMPLISHED, DO IT BY HAND BUT MAKE SURE TO POUR EACH CLEAN EGG WHITE INTO THE SAFE EGG WHITE CUP SO THE NEXT EGG, IF YOU FAIL SEPARATING IT, DOES NOT RUIN ALL THE WHITES. THE EGG WHITES, WHICH FREEZE WELL, CAN BE THAWED, AND USED FOR ANOTHER RECIPE LATER. EGG WHITES FREEZE WELL IN A PLASTIC STORAGE BAG. (I SUGGEST A BAG WITH A ZIP LOCK SLIDER, NOT A PRESS SEAL STORAGE BAG.)

Mix Bowl 1: BEAT EGG WHITES IN BOWL. AS THEY THICKEN, ADD CREAM OF TARTAR. AS THEY START TO FORM A THICKER LIQUID, SLOWLY ADD THE SIFTED SUGAR UNTIL STIFF PEAKS FORM. SET ASIDE.

Mix Bowl 2: BEAT 2 CUPS OF HEAVY WHIPPING CREAM WITH THE OTHER 1/2 CUP OF SUGAR UNTIL THERE ARE STIFF PEAKS. SET ASIDE.

ON A CUTTING BOARD, CHOP THE CHOCOLATE INTO EXCEPTIONALLY FINE SHAVINGS (THE FINER THE SHAVINGS, THE BETTER AND QUICKER & SMOOTHER IT WILL MELT). YOU CAN USE A METAL MIX BOWL FOR THIS PROCEDURE (MELTING THE CHOCOLATE). IF IT STARTS, FOR ANY REASON TO GET HARD, ADD A LITTLE MORE CREAM, SLOWLY, TO BRING IT BACK TO SOFT AND SMOOTH CONSISTENCY.

IN A DOUBLE BOILER, SLOWLY MELT THE WHITE CHOCOLATE AND AS IT BEGINS TO MELT. NEXT, ADD THE OTHER 1 / 3 CUP OF CREAM (MORE IF NEEDED, TO MAKE THE WHITE CHOCOLATE AND CREAM MIXTURE RICHER) UP OF HEAVY WHIPPING CREAM TO IT AND CONTINUE TO STIR UNTIL THE CHOCOLATE IS MELTED AND SMOOTH AS A VERY THICK SYRUP (DO NOT OVER HEAT OR BURN THE CHOCOLATE). NOTE: ANY WATER WILL LEAVE THE MIXTURE ROCK HARD. MAKE SURE THE BOWL AND ALL UTENSILS ARE COMPLETELY CLEAN.

SLOWLY FOLD IN (GENTLY TOSSING AS NOT TO DEFLATE THE WHIPPED CREAM) 1 / 2 OF THE MELTED CHOCOLATE INTO THE WHIPPED CREAM. SLOWLY FOLD 1 / 2 OF THE MERINGUE INTO THE CHOCOLATE / WHIPPED CREAM MIXTURE. FOLD IN REMAINING MELTED CHOCOLATE. FOLD IN REMAINING MERINGUE TO MIXTURE.

NOTE: WHEN YOU START TO FOLD ALL INGREDIENTS TOGETHER, YOU MUST CONTINUE SLOWLY BUT COMPLETE THE FOLDING IN OF INGREDIENTS IN A TIMELY MANNER OR THE MIXTURE WILL QUICKLY LOOSE IT AIRINESS (DEFLATE).

LACE BOTTOM OF WINE GLASSES (OR WHATEVER SERVING CONTAINER YOU MAY WANT TO PRESENT) WITH THE RASPBERRY SAUCE. TWIRLING THE GLASS TO SPREAD THE RASPBERRY SAUCE TO COVER ALL SIDES OF THE GLASS. NEXT, FILL THE CONTAINER 3 / 4 FULL WITH MOUSSE. PLACE FILLED CONTAINERS INTO THE REFRIGERATOR FOR AT LEAST 4 HOURS.

WHEN READY TO SERVE, TOP EACH GLASS WITH A FEW WHOLE RASPBERRIES AND THEN COVER WITH RASPBERRY SAUCE.

PLEASE ENJOY, MY SON CHRISTOPHER WOULD LOVE TO EAT THIS DESSERT EVERY DAY, HIS FAVORITE BY FAR, ESPECIALLY AFTER ENJOYING MY CAESAR SALAD, AMB, BLEU

