

# 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. **2 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 CUP OF HEAVY WHIPPING CREAM FOR THE WHITE CHOCOLATE MIXTURE** (MAYBE MORE)
- VI. **3/4 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 RASPBERRY SAUCE**  
(OR MORE TO TASTE).  
  
**PLUS: 3/4 CUP ADDITIONAL GRANULATED WHITE SUGAR**  
**FOR MAKING THE WHIPPED CREAM.**
- VIII. **1 TABLESPOON OF PURE VANILLA EXTRACT** (THE REAL ONE, NO IMATION FOR BERRY SAUCE)
- IX. **1 TABLESPOON OF REAL LEMON JUICE** (FRESH SQUEEZED)
- X. **2 TABLESPOONS OF COGNAC** (OR BRANDY. I PREFER COGNAC XXO FOR THE RASPBERRY SAUCE)
- XI. **5 CUPS OF FRESH RASPBERRIES FOR SAUCE** (SAVE ONE CUP WHOLE BERRIES FOR GARNISH WHEN PREPARING THE FINISHED DESSERT, PLUS YOU SHOULD HAVE SOME LEFT FOR OTHER RECIPES)

## **INSTRUCTIONS FOR RASPBERRY SAUCE:**

**NOTE: HOLD 1 CUP OF WHOLE FRESH RASPBERRIES FOR THE PRESENTATION. (MAKE SAUCE FIRST)  
COVER BERRIES IN WATER (BARELY COVERING BERRIES IN A 2-3-QUART POT)**

**START THE RASPBERRIES TO BOIL (WITH WATER) AS THE RASPBERRIES BEGIN TO BOIL, START ADDING SLOWLY 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 FRESH LEMON JUICE.**

**STIR IN PURE VANILLA EXTRACT.**

**STIR IN COGNAC XXO (OR BRANDY, PLEASE USE XXO, STIR UNTIL THE ALCOHOL HAS EVAPORATED AND THE LIQUOR HAS BLENDED INTO 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, MAKE SURE THE SAUCE STILL HAS SOME NOTICEABLE PIECES OF THE RASPBERRIES AND MEETS YOUR TASTE DEMANDS.**

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

**NOTE: PLEASE TRY. IF YOU WANT TO HAVE A THICKER RASPBERRY SAUCE, MIX 1.5 TABLESPOONS 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 CORNSTARCH MIXTURE IS 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 AND THE SAUCE HAS THICKENED, I PREFER A THICK RASPBERRY SAUCE)**

**TURN OFF 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 YOUR 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 CORRECTLY, 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. PLEASE DATE THE BAG)

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

**Mix Bowl 2:** BEAT 2 CUPS OF HEAVY WHIPPING CREAM WITH THE OTHER  $\frac{3}{4}$  CUP OF CONFECTIONERY SUGAR UNTIL STIFF PEAKS FORM. SET ASIDE.

**ON A CUTTING BOARD, CHOP THE CHOCOLATE INTO EXCEPTIONALLY FINE SHAVINGS (THE FINER THE SHAVINGS, THE BETTER, QUICKER, AND SMOOTHER THE CHOCOLATE WILL MELT). YOU CAN USE A METAL MIX BOWL FOR THIS PROCEDURE (MELTING THE CHOCOLATE IN THE DOUBLE BOILER).**

**IN A DOUBLE BOILER, SLOWLY MELT THE WHITE CHOCOLATE AND AS IT BEGINS TO MELT, QUICKLY ADD THE WHIPPING CREAM (MORE IF NEEDED, TO MAKE THE WHITE CHOCOLATE AND CREAM MIXTURE RICHER.**

**SLOWLY, BUT QUICKLY, FOLD IN WHIPPING FINISHED WHIPPED CREAM INTO A 3<sup>RD</sup> BOWL (THE LAST BOWL WHICH WILL HOLD THE FINAL MIXTURE TO BE PLACED INTO THE GLASS WINE SERVING GLASSES, GENTLY TOSSING AS NOT TO DEFLATE THE WHIPPED CREAM) THEN, 1/2 OF THE MELTED CHOCOLATE INTO THE WHIPPED CREAM MIX BOWL. SLOWLY FOLD 1/2 OF THE MERINGUE INTO THE CHOCOLATE/WHIPPED CREAM MIXTURE.**

**FOLD IN REMAINING INGREDIENTS INCLUDING THE REMAINING MERINGUE INTO MIXTURE.**

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

**LACE BOTTOM AND SIDES OF WINE GLASSES (OR WHATEVER SERVING CONTAINER YOU MAY WANT TO USE IN THE PRESENTATION) WITH THE RASPBERRY SAUCE.**

**TWIRLING THE GLASS TO SPREAD THE RASPBERRY SAUCE TO COVER ALL SIDES OF THE GLASS MAKING THE PRESENTATION IMPRESSIVE.**

**NEXT, FILL THE CONTAINER 3/4 FULL OF THE MOUSSE MIXTURE.**

**PLACE FILLED CONTAINERS INTO THE REFRIGERATOR FOR AT LEAST 4 HOURS.**

**WHEN READY TO SERVE, TOP EACH GLASS WITH A FEW WHOLE FRESH 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**

