INDONESIA / WILL'S GOURMET RECIPES

DARK CHOCOLATE MOUSSE

A simple dark chocolate mousse made with 64 per cent Balinese chocolate: warm cream poured over chopped chocolate, cooled, then folded into whipped cream. It sets in 30 minutes. Add espresso for a mocha version.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
6	30 min	5 min	35 min	Easy	Mild

INGREDIENTS

FOR THE MOUSSE

200 g dark chocolate (64 per cent), finely chopped or grated

250 ml pouring cream, for the ganache

300 ml double cream, for whipping

1 shot (30 ml) espresso, optional, for a mocha version

TO SERVE

Coconut ice cream

Crumble or crunchy biscuit crumbs

Fresh mint leaves

METHOD

MAKE THE CHOCOLATE BASE

1. Put the chocolate in a bowl. Warm the 250 ml of cream in a pan until steaming, but do not let it boil hard.
2. Pour the cream over the chocolate and stir, turning the bowl as you go, until smooth, thick and glossy. Stir in the espresso now if you are using it.
3. Leave to cool to room temperature, about 20 minutes. The chocolate and the cream must be at nearly the same temperature before you mix them.

WHIP THE CREAM

4. Whip the 300 ml of cream for 4 to 5 minutes until it holds soft, firm peaks. Do not overwhip, or it will split.

FOLD AND SET

5 Fold one third of the cream into the chocolate to loosen it, then fold in the rest with a light turning motion. Stirring knocks out the air.

6 Spoon or pour into 6 small jars or glasses and chill for about 30 minutes.

SERVE

7 Top each jar with a scoop of coconut ice cream, a sprinkle of crumble and a mint leaf.

USEFUL SHORTCUTS FOR HOME COOKS

Chop the chocolate finely so it melts evenly in the warm cream.

Make it up to a day ahead and keep it covered in the fridge. Add the ice cream just before serving.

Choose chocolate with 60 to 70 per cent cocoa. Lower is too sweet and sets softer.

This is one of Will's favourite dishes and a favourite of his kids. He makes it with 64 per cent dark chocolate from Pod Chocolate in Ubud, to show what chocolate made in Bali can do.Pod Chocolate uses organic cacao beans farmed with sustainable practices and a profit-sharing system for the farmers, and Will says it is always good to...