



Recipe from: [My Catholic Tradition](#)

Chilled Chocolate and Espresso Mousse

SERVES FOUR

1 lb plain (semisweet) chocolate
3 tbsp freshly brewed espresso
2 tbsp unsalted (sweet) butter
4 eggs, separated

For each chocolate cup, cut a double thickness 6 inch square of foil.
Mold it around a small orange, leaving the edges and corners loose to make a cup shape.
Remove the orange.
Press the bottom of the foil case gently on a surface to make a flat base.
Repeat to make four foil cups.

Break half the chocolate into small pieces.
Place in a bowl set over a pan of very hot water.
Stir occasionally until the chocolate has completely melted.
Spoon the chocolate into the foil cups, spreading it up the sides with the back of a spoon to give a ragged edge.
Chill for 30 minutes in the refrigerator, or until set hard.
Gently peel away the foil, starting at the top edge.

To make the chocolate mousse, put the remaining chocolate and espresso into a bowl set over a pan of hot water and melt as before, until smooth and liquid.
Stir in the butter, a little at a time.
Remove the pan from the heat and then stir in the egg yolks.
Whisk the egg whites in a bowl until stiff, but not dry.
Fold them into the chocolate mixture.
Pour into a bowl and chill for at least 3 hours, or until the mousse is set.
Scoop the chilled mousse into the chocolate cups just before serving.
Serve the mousse in stylish chocolate cups garnished with sprigs of mint, with mascarpone or clotted cream on the side.