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by Liz Robb

Strawberry and White Chocolate Mousse

Ingredients

110g white chocolate 100g strawberries, with extra for garnish 175ml double cream 1 teaspoon of sugar

Preparation

1. 1.
2. Break the chocolate into chunks then chop it into smaller pieces. Place the chocolate in a pyrex bowl over a saucepan of boiling water, reduced to a gentle simmer, making sure that the bowl is not touching the water. Stir the chocolate as it melts until it is completely melted and smooth. Lift the bowl away from the heat and allow the chocolate to cool to room temperature, stirring occasionally. 2.
3. Wash and pat dry the strawberries and remove the stalks. Chop into quarters, place in a food processor and blend until it has become a puree. 3.
4. Pour the cream into a chilled bowl and stir in the sugar
5. one teaspoon is quite enough for me, but add more sugar if you prefer your desserts to be really sweet. Whisk the cream and sugar until it reaches the “soft peak” stage but no further
6. be careful not to over whip it. Reserve enough of the whipped cream in the fridge to use to garnish the mousses with a small blob each. 4.
7. Add a tablespoon of the cream to the cooled chocolate and fold in very gently, to retain a light and airy consistency. Add the rest of the cream a spoonful at a time, until it has all been well incorporated. 5.
8. Add the strawberry puree to the chocolate and cream and fold it in gently until the mousse is a uniform pink. Divide it equally between 4 small glasses and chill in the fridge to set for 2-3 hours. 6.
9. Serve with a blob of cream on top in the centre, topped with a fresh strawberry and accompanied by more strawberries.
10. Try garnishing with grated white chocolate, or make a little extra strawberry puree to pour on top instead of the cream.

Cooks Note

This gorgeous creamy dessert is so simple to make, with very few ingredients, and summer is the perfect time for it when fresh strawberries, juicy and full of flavour, are so plentiful. The mousse is made using white chocolate instead of the more usual egg white and gelatine, making it rich and delicious. Make it several hours in advance to allow time for it to set.

This recipe will make 4 small portions; the richness means that a small portion is quite enough.