



CHOCOLATE MOUSSE PIE

When I am hosting dinner at my house, this is my favourite dessert to make. The mousse has a rich chocolate flavour and very smooth texture. I usually add cream on top to balance out the sweetness.

Makes one pie

For the pie crust

- * 1 pack (200g) Tennis biscuits (or coconut tea biscuits)
- * 1/4 cup (60ml) butter, melted

For the mousse

- * 1/4 cup (60ml) butter
- * 300g semi-sweet chocolate chips
- * 4 egg yolks, room temperature
- * 4 egg whites, room temperature
- * 2½ Tbsp (37.5ml) brown sugar
- * 1 cup (250ml) whipping cream, cold
- * 1 tsp (5ml) vanilla essence
- * Chocolate shavings, to decorate

For the pie crust

1. Using a food processor, crush the biscuits until fine (see Notes and tips). Mix the butter with the crushed biscuits until a crumbly mixture forms.
2. Transfer the mixture to a round 23cm pie dish. Press the mixture down into the bottom and sides of the dish until compact. Set aside.

For the mousse

1. In a large glass or enamel bowl, create a water bath to melt the butter and chocolate chips (see Notes and tips). Stir continuously until the chocolate has cooled slightly. Stir the egg yolks into the melted chocolate.
2. In a separate large bowl, whisk the egg whites and brown sugar until foamy and soft peaks form. Gently fold the egg whites into the melted chocolate.
3. In another large bowl, whip the cream until soft peaks form. Stir in vanilla essence. Fold whipped cream into chocolate mixture, but keep some cream to use as topping for the mousse pie.
4. Pour the chocolate mixture into the pie crust and refrigerate for at least 8 hours, or overnight.
5. Remove from the fridge and decorate with the remaining cream and chocolate shavings.

NOTES AND TIPS:

If you don't have a food processor, place the biscuits in a plastic freezer bag and crush them using a rolling pin.

The water bath method is commonly used to gently and safely melt chocolate using steam. Simply chop the chocolate into small pieces and transfer to a heatproof glass or enamel bowl. Then, fill a small pot or saucepan halfway with water and bring to a boil over high heat. Once the water has begun to boil, switch off the heat.

Place the glass bowl of chocolate over the hot water, and allow it to rest there until the chocolate has melted, using a spatula to stir it along. To avoid burning yourself, use an oven mitt or kitchen towel to hold the hot bowl.