



Long Livo

Chocolate Mousse Cake – Easy Dessert Recipe

20 min

Prep time

Easy

Difficulty

20 min

Total time

French

Cuisine

8

Servings

Dessert

Course

Ingredients

Mousse

- ☐ 200 g dark chocolate (70% cacao)
- ☐ 300 ml heavy cream, chilled
- ☐ 3 egg whites
- ☐ 50 g granulated sugar
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp vanilla extract

Crumb Base

- ☐ 150 g chocolate wafer cookies, crushed
- ☐ 50 g unsalted butter, melted
- ☐ 2 tbsp cocoa powder

Ganache Glaze

- ☐ 100 g dark chocolate, chopped
- ☐ 50 ml heavy cream
- ☐ 1 tsp butter

Instructions

- 1 Combine crushed cookies, melted butter, and cocoa powder; press into the bottom of a springform pan to form an even layer.
- 2 Melt the dark chocolate over a double boiler, then let it cool slightly before stirring in the lemon juice and vanilla.
- 3 Whip the chilled cream until soft peaks form; set aside.
- 4 In a clean bowl, beat egg whites with sugar until stiff peaks develop; gently fold the whipped cream into the melted chocolate, then fold in the beaten egg whites in two batches.
- 5 Spread the mousse over the crumb base, smooth the top, and refrigerate for at least 2 hours.
- 6 For the glaze, heat cream until just simmering, pour over chopped chocolate, let sit 1 minute, then stir until smooth; add butter, let cool slightly, and pour over the set mousse.
- 7 Allow the glaze to set, then unmold the cake, slice, and serve with fresh berries.

Nutrition per serving

390 kcal

Calories

6 g

Protein

32 g

Carbs

28 g

Fat

Tips & notes

- Make sure the chocolate is not too hot when folding in the whipped cream, or the mousse will lose its lightness.
- Use a gentle hand when folding the egg whites to keep the air incorporated.
- If the mousse feels too soft, chill it an extra hour before adding the glaze.