

## **Milk chocolate mousse in a dark chocolate circle, shavings of dark chocolate, white chocolate tuile and physalis sauce**

Preparation: 1h

Serves: 4

Difficulty: Medium

Ingredients:

100ml milk  
20g caster sugar  
40g egg yolks  
300g Milk chocolate (40%)  
325ml double cream

200g dark chocolate (70%)  
1 chocolate transfer sheet

100g white chocolate

100g physalis  
50g sugar  
1tbsp water

Method:

1. **Milk chocolate mousse** : To make the basic mousse base, whisk the eggs and sugar together in a bowl to combine. Bring the milk to a boil in a small pan. Remove from the heat and pour the hot milk over the egg yolks, and beat to combine. Pour back into the pan and put on a low heat, stirring occasionally, until it coats the back of the spoon. It is important not to let the mixture boil or it may split. When the custard is ready, wait for a few minutes until it is warm, then pour it into the melt 300g milk chocolate. Whip the 325ml of double cream to soft peak stage in a large bowl then gently fold it into the chocolate-custard mixture with a tablespoon. Do not beat as you want to keep it airy to avoid a hard mousse. Pour the mix into a bowl, cover with a cling film and leave in the fridge for a couple of hours.
2. **Dark chocolate circle** : Chop roughly 150g of the dark chocolate and place it in a bowl. Half fill a saucepan with hot water, and put the bowl over it, making sure that the bowl does not touch the bottom of the saucepan. Slowly heat the water, ensuring it does not boil. Stir regularly using a flexible spatula so that the chocolate melts smoothly. Check the temperature with a thermometer. When it reaches 55C-58C (131F-136F) remove the chocolate from the bain-marie. Set aside one-third of the melted chocolate in a bowl, in a warm place. Add the remaining finely chopped dark chocolate into the remaining two-thirds of the melted chocolate, stirring constantly. The chocolate should reach 27C-28C. Then add the melted chocolate that you have set aside to increase the temperature. The chocolate should reach 31C-32C. Cut a strip of the chocolate transfer sheet (About 6inch long and 2inch height), and spread the tempered chocolate on the sheet using a spatula. When the chocolate starts becoming hard, make a circle with it using a pastry cutter.
3. **White chocolate tuile** : Melt 100g of white chocolate and spread it on a cling film. When the white chocolate becomes hard, break it in pieces.
4. **Shavings of dark chocolate** : Use the excess of the tempered dark chocolate, and spread it on a clean table. When the chocolate starts becoming hard, scrap the chocolate with a knife or a dough cutter.
5. **Physalis sauce** : Put physalis and sugar in a small pan, and cook them for 5mn until the fruit become soft and the liquid becomes a syrup

If you need more information, do not hesitate to contact me. I will be happy to help you.

Michel

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