

# Chef from the Hood Recipes



**Chef:**

Chef Dan Berman, Pacific Market's Culinary Director

**Restaurant:**

Pacific Markets

**Recipe:**

Chef Dan's Ultimate Cups of Love Chocolate Mousse



## Chef Dan's Ultimate Cups of Love Chocolate Mousse

This is Chef Dan Berman's luscious recipe and we're making lots of it here to fill our edible chocolate cups with. If making your own mousse, read through directions and get all tools and ingredients out before you start cooking. Makes 4 to 6 servings.

**Ingredients:**

10 ounces bittersweet chocolate (Scharffen Berger)  
1 1/2 ounces (1.5 tablespoons) butter (Clover)  
5 egg yolks  
1 ounce (1/8 cup) water  
2 ounces (1/4 cup) sugar  
5 egg whites

8 ounces (1 pint) heavy cream, whipped (Clover)  
Grand Marnier (or a good rum )

*Optional garnishes, as desired:*

Whipped cream, fresh berries, a small dollop of orange marmalade, shavings from a chocolate bar, dusting of powdered sugar or cocoa.

**To prepare:**

Combine the chocolate and butter and melt over a hot-water bath. Set aside.

Combine the egg yolks with the water and 1 ounce sugar and whisk over a hot-water bath to 145 degrees F for 15 seconds. Remove from the heat and whip until cool. Set aside.

Combine the egg whites with the remaining 1 ounce sugar and whisk over a hot-water bath to 145 degrees F. Remove the whites from the heat and beat to full volume. Continue beating until cool.

Using a large rubber spatula, fold the egg whites into the egg yolks. Fold the butter-chocolate mixture into the egg mixture. Fold in the whipped cream. Add the liqueur, to taste.

Divide the mousse into cups, ramekins or wine glasses. Refrigerate and garnish before serving.

To make mousse hearts (as in photo), place mousse in a buttered parchment paper lined cake pan. Chill. When very set, press a cookie cutter into mousse or freehand the shape of hearts with a sharp knife. Carefully lift hearts from pan, removing surrounding mousse as needed. Place hearts on plates. Garnish as your heart desires!

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