

Chocolate Mousse III

Jo Platt

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*1 1/4 cups sweet butter
1 cup powdered or
superfine sugar
3 egg yolks
2 bars (4 ounce ea)
German sweet chocolate,
melted
1/8 cup cognac
3/4 cup chopped pecans
3 egg whites
1/2 cup whipped heavy
cream
strawberries (optional)*

In a large bowl, beat the butter and sugar with an electric mixer until very light and fluffy (approximately 15 minutes). Add the egg yolks, one at a time, beating well after each addition.

Gradually beat in the chocolate. Continue beating for 3 minutes longer. Add the cognac, beat 3 minutes. Mix in the nuts.

In another bowl, beat the egg whites until soft peaks form. Fold in the chocolate mixture until thoroughly mixed. Pour into a one-quart ring mold.

Refrigerate until well chilled (at least three hours).

Unmold onto a serving plate. Fill the center with whipped cream. Garnish with fresh strawberries, if desired.

Per Serving (excluding unknown items): 885 Calories; 76g Fat (79.5% calories from fat); 26g Protein; 18g Carbohydrate; 7g Dietary Fiber; 638mg Cholesterol; 187mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 14 Fat.