

Rich Dark Chocolate Mousse made with The Seed Co. Rapeseed Oil



A divinely easy recipe to make and one that your guests will find hard to believe doesn't contain lashings of cream! The Seed Co's rapeseed oil replaces double cream in this recipe for a mousse that is delicious, light and very very chocolatey. *Recipe fills 6 large glasses or 10 small ramekins and can be served on its own or with fresh seasonal fruits.*

YOU'LL NEED:

150g good, high cocoa content (70-85%), dark chocolate
140ml of The Seed Co. Rapeseed Oil
100g caster sugar
4 large free range eggs, yolks and whites separated
A generous pinch of crushed sea salt (try www.cornishseasalt.co.uk)
Plus Optional:
2 tablespoons of Amaretto (or your favourite liqueur) or
2 tablespoons espresso coffee
(or 1 tablespoon of instant coffee dissolved in 1 tablespoon of water).

METHOD:

Preparation time: 15 minutes

Melt the chocolate in a bowl over warm water.
Slowly stir in the rapeseed oil to the melted chocolate.
In a separate large bowl, whisk the egg yolks with half the sugar until pale and creamy.
Gradually add the chocolate and oil mixture into the whisked sugar and egg yolks, stirring gently.
In another bowl, beat the egg whites until soft peaks, adding a generous pinch of sea salt.
Slowly add the rest of the sugar to the egg whites.
Fold the egg white mix into the chocolate mixture with a metal spoon, in several batches.
Add the optional espresso coffee OR liqueur and gently stir.
Pour the mixture into 6 serving dishes and refrigerate for at least 4 hours.
Dust with cocoa powder or icing sugar just before serving.

www.theseedcompany.co.uk

DORSET-GROWN SINGLE VARIETAL, COLD-PRESSED RAPESEED OIL

With Omega 3, 6 and 9, Vitamin E, a delicious nutty flavour and 50% less saturated fat than olive oil!