

S'MORES CHOCOLATE MOUSSE



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program

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Dazzle your dinner guests with this take on the traditional campfire treat!

Ingredients

For the chocolate mousse:

- 2 cups (500 mL) 35% whipping cream
- ¼ cup (60 mL) cocoa powder
- 2 tbsp (30 mL) icing sugar

For the marshmallow frosting:

- 4 large egg whites
- 1 cup (250 mL) granulated sugar
- ½ tsp (2.5 mL) cream of tartar
- 1 tsp (5 mL) vanilla extract
- Butane torch (optional)

For the toppings:

- Graham wafers for crumbling over dessert and to use as a spoon

S'MORES CHOCOLATE MOUSSE | 2

- Shaved chocolate from your favourite chocolate bar

Preparation

To make the chocolate mousse:

1. Pour the whipping cream into a large bowl. Add the cocoa powder and powdered sugar.
2. Using a hand mixer, beat the mixture for several minutes until the cream begins to froth and thicken. When creamy but firm and holds its shape, it's ready.
3. Pour the mousse into eight small serving glasses (six if serving bigger portions).

To make the marshmallow frosting:

1. Place the egg whites, sugar, cream of tartar, and vanilla in a double boiler. If you don't have a double boiler, use a heatproof bowl. Set the bowl over a saucepan filled with four inches of simmering water.
2. Whisk the ingredients constantly for about five minutes. The mixture will start to thin and is ready when an instant thermometer reads 160°F (71°C), or when the mixture is smooth when you rub it between your fingers and thumb.
3. Remove the bowl from the heat, or transfer the mixture to a stand mixer. If using a bowl, use a hand mixer and whip the mixture for eight to 10 minutes on high speed. If using the stand mixer, use the whisk attachment and whisk for five to eight minutes on high speed. The frosting is ready when stiff, glossy peaks begin to form and the frosting appears thicker.
4. Place the frosting in a piping bag or a Ziplock freezer bag.
5. Cut a small hole at the tip of the piping bag. Swirl the frosting on top of the chocolate mousse.
6. Optional: Use a butane torch to give a quick burnt marshmallow effect and taste to the frosting.
7. Sprinkle each dessert with graham crumbs and chocolate shavings.
8. Insert a piece of graham wafer in each serving glass. The best part? Your graham cracker becomes your edible spoon! Enjoy!