

Chocolate Mascarpone Meringues on Sasasunakku.com

Place a rack in the center of the oven and preheat to 95 celsius (200 fahrenheit). Line a baking sheet with a silpat or parchment and set aside.

For the meringues

3 large egg whites

110 grams (1/2 cup) white caster sugar

30 grams (1/4 cup) icing sugar

30 grams (1/3 cup) cocoa powder

Put the egg whites in a bowl and whip until soft peaks form. Increase speed to high and gradually add caster sugar about 1 tablespoon at a time until stiff peaks form. The whites should be firm but moist.

Sift the icing sugar and cocoa powder over the egg whites and fold the dry ingredients into the white. This may look like it won't happen. Fold gently and it will eventually come together.

Fill a pastry bag with the meringue. Pipe the meringue into whatever shapes you desire.

Alternatively, you could just free form your shapes and level them a bit with the back of a spoon.

Bake for 2-3 hours until the meringues become dry and crisp. (I did mine in golf ball sized balls so they only took a 1 and 3/4 hours).

Cool and store in an airtight container for up to 3 days.

For the chocolate mascarpone mousse

175 ml (3/4 cup) heavy cream

Grated zest of 1/2 lemon

130 grams (9 ounces) dark chocolate, chopped

195 mls (generous 3/4 cup) mascarpone

Pinch of nutmeg

15 mls (1 tablespoon) Grand Marnier or orange juice

Put 60 mls of the heavy cream and the lemon zest in a saucepan over medium high heat. Once warm, add the chocolate and whisk until melted and smooth. Let sit at room temperature until cool.

Place the mascarpone, the remaining 115 ml of cream and nutmeg in a bowl. Whip on low for a minute until the mascarpone is loose. Add the Grand Marnier and whip on medium speed until it holds soft peaks. Be careful not to overbeat or the mascarpone will split.

Mix about 1/4 of the mascarpone mixture into the chocolate to loosen. Fold in the remaining mascarpone until well incorporated. Fill a pastry bag with the mousse.

For the crème anglaise (a component of the mascarpone cream below)

120 mls whole milk

120 mls heavy cream

1/2 vanilla bean, split or 1/2 tsp pure vanilla extract

3 large egg yolks

35 grams (3 tablespoons) sugar

In a bowl, whisk together the egg yolks and sugar until the mixture turns pale yellow. Combine the milk, cream and vanilla in a saucepan over medium high heat, bringing the mixture to a boil. Take off the heat.

Pour some of the hot liquid into the yolk mixture, whisking constantly to keep from making scrambled eggs.

Pour the yolk mixture into the pan with the remaining cream mixture and put the heat back on medium. Stir constantly with a wooden spoon until thick enough to coat the back of a spoon.

Remove the mixture from the heat and strain it through a fine mesh sieve into a bowl. Cover and refrigerate until the mixture is thoroughly chilled, about 2 hours or overnight.

For the mascarpone cream

1 quantity crème anglaise (see above)

60 mls (1/4 cup) mascarpone

15 mls (1 tablespoon) Sambuca (optional)

60 mls (1/4 cup) heavy cream

Slowly whisk the mascarpone and the Sambuca if using, into the crème anglaise.

Put the heavy cream in a bowl and beat with electric mixer until very soft peaks are formed. Fold the cream into the mascarpone mixture.

To assemble, pipe the mousse onto the meringues and drizzle with the mascarpone cream over the top. Dust with icing sugar and fresh fruit if desired.