



Marithé's delicious recipes

Chocolate mousse

NO EGGS, WHEAT FLOUR OR FLAVOURING

INGREDIENTS

- 40 cl of liquid crème fraîche (not low fat),
- 200 g melted cooking chocolate.

INSTRUCTIONS

- Whip the crème fraîche to a Chantilly cream using an electric whisk.
During this time, melt the chocolate in the microwave or a bain-marie.
- Once the cream is whipped, incorporate the melted chocolate, stirring with a hand whisk, mix well and put the mousse in the refrigerator to cool for one or two hours before eating.

Recipe by
Marie-Thérèse ROTH



Internal medicine -
Clinical Immunology
and Allergology
Hôpital Central
29, Av. de Lattre de Tassigny
54035 NANCY Cedex