

Rich Chocolate Mousse with Popping Candy



Make up to two days ahead and store covered in the fridge.

Serves: 6

Profitability:

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Ingredients:

150g dark chocolate, 70% cocoa solids, broken into squares

4 large eggs, at room temperature, separated

25g Lyle's Golden Syrup

25g Tate & Lyle Fairtrade Golden Caster Cane Sugar

25g Tate & Lyle Fairtrade Golden Caster Cane Sugar

2 tbsp brandy

1 level tbsp cocoa

150ml double cream

2 rounded tbsp popping candy

Steps:

Put the chocolate in a small heatproof bowl and either place over a small pan of simmering water (do not let the bottom of the bowl touch the water) for 5 minutes or microwave briefly for about 1 minute until melted

Combine the egg yolks, syrup and caster sugar in a mixing bowl and beat well with an electric hand mixer until thickened, for about 3 minutes. Mix in the brandy and cocoa

Lightly whisk the cream until slightly thickened and it just holds its shape. Fold into the chocolate mixture, then stir in the chocolate until smooth

Whisk the whites until soft peaks form and lightly fold into the chocolate mixture with a large metal spoon. Divide between glasses or small serving dishes and refrigerate for 1-2 hours or until softly set

Scatter with the popping candy and serve straight away