



PAMPLEMOUSSE FUME

#MOUSSEAUCHOCOLATCHALLENGE

RECIPE



INGREDIENTS

- 130g Sprüngli Grand Cru Beni chocolate (75% cacao)
- 2 grapefruits
- 2 drops of liquid smoke
- 10g lemon juice
- 300g sugar
- 200g grapefruit juice
- 170g cream
- 2 medium eggs
- 50g sugar
- 20g water
- Pinch of salt



Anika Kammermann

Prepare the candied grapefruit (a week in advance)

1. Peel the two grapefruits with a knife, remove the pith and cut the flesh into segments.
2. Bring the grapefruit juice and 100g sugar to the boil, add the grapefruit segments and simmer for 30 seconds.
3. Leave to stand overnight at room temperature. The next day, remove the fruit from the syrup and set aside.
4. Add another 100g of sugar to the syrup and bring to the boil again. Add the grapefruit back to the pan and simmer for another 30 seconds. Leave to stand overnight again.
5. Repeat the same process again, adding the last 100g of the sugar.
6. On the fourth day, remove the grapefruit segments from the syrup and drain them well.
7. Then place them on a sheet of baking paper and leave them to dry at room temperature for 2 – 3 days.
8. Before preparing the mousse, cut the grapefruit segments into small pieces.

Making the mousse (the day before serving)

The mousse au chocolat tastes best if prepared the day before serving.

9. Melt the chocolate in a bain-marie. Ensure no water or steam comes into contact with the chocolate.
10. Whip the cream until fluffy – don't let it become too stiff. Place in the fridge.
11. Place the two egg yolks and 10g sugar in a mixer and beat until light and fluffy. Add the finely chopped grapefruit into to the egg yolk mixture.
12. Mix 50g sugar with the water in a small pan and heat to 113°C. When the liquid begins to simmer, use a wet brush to damp the sides of the pan to avoid sugar crystals forming.
13. Place the egg whites, salt and lemon juice in a mixer and beat until it forms stiff peaks.
14. As soon as the sugar syrup has reached the desired temperature, slowly drizzle it into the beaten egg whites, leaving the mixer running at medium speed. Once you've added the sugar syrup to the beaten egg whites, let the mixer continue to run slowly until you're ready to use them.
15. Add the warm, melted chocolate (approx. 45°C) to the egg yolk mixture and whisk in well.
16. Mix half the whipped cream into the chocolate and egg-yolk mixture and then the second half.
17. Do the same with the beaten egg whites: divide into two portions and fold into the mixture one after the other, so it stays nice and fluffy.
18. Finally, add two drops of liquid smoke and carefully mix in.
19. Put the mousse in a bowl, cover and leave to stand in the fridge overnight.

To serve

20. Form the mousse into quenelles with a lukewarm tablespoon and present on a plate.
21. Garnish with candied grapefruit, chocolate decorations and cream as desired.

We hope you enjoy this exquisite chocolate dessert.

Sprüngli