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Subject: Light Chocolate Mousse from LHJ  
To: LHJRECIPE@MEDIA.TEAMNET.NET

LIGHT CHOCOLATE MOUSSE FROM LHJ ONLINE <http://www.lhj.com>  
To get a velvety texture without egg yolks and cream, we used the Italian version of meringue, made by beating hot sugar syrup into egg whites.

Prep time: 25 minutes plus standing and freezing  
Cooking time: 8 minutes  
Degree of difficulty: moderate  
Low-calorie

2/3 cup milk  
1/3 cup unsweetened cocoa powder  
2 ounces unsweetened chocolate squares, chopped  
1 tablespoon crème de cocoa or coffee-flavored liqueur, optional  
1 teaspoon vanilla extract  
1 cup sugar  
1/3 cup water  
6 large egg whites

1. Gradually whisk milk into cocoa in small saucepan until smooth. Bring to boil, stirring. Remove from heat and stir in chocolate until melted. Stir in crème de cocoa and vanilla. Cool.
2. Combine sugar and water in another small saucepan. Boil until syrup reaches 238°F. (soft ball stage) on candy thermometer. When syrup reaches 230°F., begin beating egg whites in large standing mixer bowl at medium-low speed. Increase mixer speed to high. When soft peaks begin to form, gradually pour hot sugar syrup into whites in thin stream. Continue beating until cool, 10 to 12 minutes.
3. Whisk one quarter of meringue into chocolate; gradually beat chocolate mixture back into meringue. Spoon into 8 cups or ramekins. Cover and freeze 4 hours or overnight. Makes 8 servings.

PER SERVING  
Calories 175  
Total Fat 5 g