

Plant-Based Chocolate Mousse




VALRHONA
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Plant-Based Chocolate Mousse

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 8 desserts

To be done the day before:

GUANAJA 70% soy chocolate mousse
GUANAJA 70% almond chocolate mousse

GUANAJA 70% SOY CHOCOLATE MOUSSE

Preparation time: 30 minutes
Rest time before use: 12 hours

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|------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 300g | GUANAJA 70% chocolate | Melt the GUANAJA 70% chocolate. |
| 65g | Soy drink
(2.2% fat) | Heat the soy drink and cream, split them into 3 batches and combine them one by one with the melted GUANAJA 70% chocolate, stirring vigorously with a spatula. |
| 185g | Soy cream alternative
(15.4% fat) | Beat the chickpea water until stiff while gradually adding the 50g of sugar. |
| 220g | Aquafaba*
(Chickpea water) | Fold them very gently into the previous mixture. |
| 50g | Caster sugar | Store in the refrigerator overnight before use. |

*See the nutrition tip section at the end of the recipe.

GUANAJA 70% ALMOND CHOCOLATE MOUSSE

Preparation time: 30 minutes
Rest time before use: 12 hours

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|------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 300g | GUANAJA 70% chocolate | Melt the GUANAJA 70% chocolate. |
| 65g | Almond drink
(1.8% fat) | Heat up the almond drink and potato starch flour until it has thickened, then pour in three steps over the melted GUANAJA 70% chocolate. Stir vigorously using a spatula. |
| 25g | Potato starch | Beat the chickpea water until stiff while gradually adding 50g of sugar. |
| 320g | Aquafaba
(Chickpea water) | Fold them very gently into the previous mixture. |
| 50g | Caster sugar | Store in the refrigerator overnight before use. |

Nutrition tip

Aquafaba is the water obtained by cooking chickpeas. It can be used as an egg white alternative. After it is beaten with sugar, this liquid has a whisked texture and white colour, just like egg whites. As a result, it can be used to make meringues, macarons and sponge cakes without using eggs. 100% vegan technique

Come relish a truly delicious experience at the Cité du Chocolat in Tain l'Hermitage and take part in our pastry-making workshops and courses.

For more information, go to the Valrhona Cité du Chocolat website: www.citeduchocolat.com / Valrhona - 26600 Tain l'Hermitage - France     www.valrhona.com