



CASA ITALIA
GOURMET FOOD & WINES

RECIPE:

Mousse al Cioccolato e Balsamico

Ingredients:

For Mousse:

70g Milk
70g Thickened Cream
35g **Oliviero Gianduia** (Chocolate & Hazelnuts)
1 Gelatine Leaf
Mousse Moulds/Rings

For Italian Vanilla Pasticcera Cream

150g Cornflour
180g Caster Sugar
2 Whole Eggs
2 Egg Yolks
1L Milk
45g Milk Powder
Vanilla Pod or Essence, to taste or
300ml Thickened Cream

To Plate Dish:

Tedesco Cannoli Shells
Mussini Balsamico Riserva 8 Travasi
Mint leaves





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Method:

To make Mousse:

1. Boil milk and put aside to cool.
2. Break Gianduia (Chocolate) into smaller pieces and place in a small pot.
3. Melt Gianduia using the bain-marie (water bath) technique.
4. Add the gelatine leaf and melted chocolate to milk.
5. Put milk mixture to the side to cool.
6. Whisk thickened cream until it forms soft peaks (cream clings to the whisk or beater when lifted).
7. Place thickened cream, milk mixture and a few drops of Mussini Balsamico Riserva 8 Travasi in a bowl and mix until combined.
8. Place mixture into mousse mould/ring and place in fridge for 24 hours to set.

To make Italian Vanilla Pasticcera Cream:

1. Sieve the cornflour and half of the caster sugar (90g) into a bowl.
2. Place 2 whole eggs and 2 egg yolks in a separate bowl and beat until combined.
3. Place milk, milk powder, vanilla pod/essence (If making chocolate pasticcera cream leave out the vanilla pod/essence) and remaining 90g of caster sugar into a large pot, mix together with a whisk and place on stove on high heat.
4. When the milk is warm, approx. 40 degrees (not hot) place half of the milk mixture into the bowl with the cornflour.
5. Place the remaining milk mixture back on the stove to boil.
6. Add the eggs to the milk and cornflour mixture and stir thoroughly.
7. Stir the milk mixture on the stove, ensuring there are no lumps.
8. When milk mixture boils, turn the heat down and add the cornflour mixture to it and stir vigorously.



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9. Keep stirring with whisk until the mixture thickens (if you don't stir it enough the mixture will burn on the bottom of the pot).
10. When mixture has thickened, remove from heat, transfer to a table top mixer and beat on slow speed (this will cool the mixture).
11. When the mixture is warm (not hot), turn mixer to low speed and add the thickened cream.
12. Turn mixer to medium speed and allow to mix until pasticcera cream is cool to the touch.
13. Once the pasticcera cream is cool to the touch, transfer the pasticcera cream into a plastic container and place in refrigerator to cool.

To Plate Dish:

1. Crumble a Cannoli shell and sprinkle over the plate.
2. Remove mousse from mould and place on crumbled Cannoli shell.
3. Place a tablespoon of custard cream on the top of the mousse.
4. Finely grate Oliviero Gianduia and sprinkle over mousse and plate.
5. To garnish, place a few mint leaves on custard cream and mousse.

Recipe created by Chef Paolo Gatto