

WHITE CHOCOLATE, CARDAMOM MOUSSE

Chill for 4 hours. Serves 6-8

- 8 plump green cardamom pods
- 100ml (3 1/2 fl oz) milk
- 3 bay leaves
- 250g (9oz) good-quality white chocolate, broken into pieces
- 300ml (1/2 pint) double cream
- 3 large egg whites
- cocoa powder for dusting

Crack open the cardamom pods and extract the seeds. Crush them lightly and then put them with the milk and the bay leaves in a small saucepan. Gently warm

the milk until it is close to boiling point, then remove from the heat and set aside to infuse. Melt the chocolate in a heatproof bowl suspended over a saucepan of barely simmering water. As soon as it starts to melt turn off the heat, leaving the bowl in place. Whip the cream to form soft mounds; it should not be stiff. Whisk the egg whites until stiff peaks form. Once the chocolate has melted, remove from the heat and sieve the warm milk mixture into it. Mix the chocolate and milk together until velvety. Stir in a spoonful of the egg whites to the chocolate mixture, then gently fold in the remaining egg whites using a large metal spoon. Gently fold in the softly whipped cream. Spoon into containers and refrigerate for 4 hours. Dust with cocoa just before serving.



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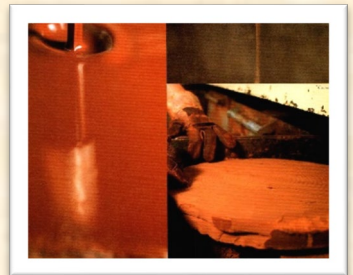
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