

Studio 5

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“Chocolate Orange Velvet Mousse”

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Dairy Farmers of Utah

Ingredients:

- 1 cup whipping cream
- 2 tablespoons sugar
- 1 orange
- 1 tablespoon cold water
- 1 teaspoon unflavored gelatin
- 1 cup chocolate chips*
- 2 pasteurized egg whites (approx. 1/3 cup)**
Additional chocolate, optional for garnish shavings
Fresh berries, optional

Method:

Stir together sugar and whipping cream. Place bowl and beaters in refrigerator to chill. Zest or finely grate the peel of orange. Set zest aside. Slice and squeeze orange, set aside 2 tablespoons juice.

Place cold water in small bowl or microwavable 1/3 cup measure; sprinkle gelatin over water and allow stand 2-3 minutes to soften. Add orange juice, microwave 20-30 seconds at a time, stirring after each time, until gelatin is completely dissolved.

Melt chocolate chips. Stir in orange juice with dissolved gelatin and the zest. Cool, but don't chill.

Beat egg whites until soft peaks form; set aside.

Whip cream until soft peaks form.

Fold together egg whites and chocolate. Fold in whipped cream. Spoon into 6 small individual serving dishes of chocolate cups (see below). Chill until ready to serve. Garnish with optional fresh berries, shaved chocolate and additional orange zest.

Notes: Airy, delicious and truly a Valentine delight. Enjoy small servings, sparingly. Recipe serves 8

* I like to use 1/2 cup milk chocolate chips and 1/2 cup semisweet chocolate chips.

** It is recommended to use pasteurized egg whites to avoid risk of food borne illness. Pasteurized egg whites are available in cartons in the egg case at the grocery store.

For fun chocolate cup presentation – melt 3 ounces dark chocolate. Brush melted chocolate on the inside of 6 small waxed paper cups, completely coating inside of cup. Chill until set; repeat process 3 more times chilling between each coating. Refrigerate until completely set. To remove chocolate from cup, loosen top edges then gently push up on bottom of cup. Chocolate should pop out. Place chocolate cup on serving plate. Fill with prepared mousse.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size approx. 1/3 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 140
%	
* Daily Value*	
Total Fat 16g	24%
Saturated Fat 10g	48%
Cholesterol 35mg	12%
Sodium 35mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 3g	
Vitamin A 8%	• Vitamin C 6%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	