AQUAFABA CHOCOLATE MOUSSE

It's not often we feature an ingredient that's usually washed down the drain! Aquafaba is a rapidly rising star for its uncanny ability to mimic egg whites. Chef's version of chocolate mousse is creamy smooth without a hint of beaniness.

by Chef Kurt Kwiatkowski

Featured Food: Aquafaba (bean water)

Yield: 4 to 6 servings

Ingredients

- 7 oz. dark chocolate, chopped
- 3 T. almond milk, plain or any other plant-based milk, plain (not flavored)
- 7 oz. aquafaba from 1 (15-16 oz.) can chickpeas, not unsalted
- ¼ c. confectioners' (powdered) sugar
- ¼ t. cream of tartar

Preparation

Place the chocolate and almond milk in a double boiler or a heat-proof bowl set over a pan of simmering water. Heat until the chocolate is melted. Cool while preparing the aquafaba.

Before opening, shake the can of chickpeas vigorously. Open the can and drain through a fine-mesh strainer, collecting the liquid in a bowl or cup. Reserve chickpeas for another use. In a medium bowl or the bowl of your stand mixer, whip the aquafaba, sugar, and cream of tartar using the whisk blade of your electric mixer or immersion blender. Continue to whip until the product has more than doubled in volume and has reached stiff peaks. This may take up to 5 minutes.

In your bowl with the melted chocolate and milk, use a rubber spatula to fold in one-third of the whipped product. After that is incorporated fold in another third and then the final third until all of the whipped product has been incorporated.

Portion the mousse into some cups or vessels for dessert and let chill for at least 4 hours.