

Chocolate Aquafaba Mousse

Yield: Serves 6 | Prep: 20 minutes | Chill: At least 1 hour

Ingredients

- 1/2 cup aquafaba (liquid reserved from chickpeas)
- 1/4 tsp cream of tartar
- 2 Tbsp sugar
- 1/2 tsp vanilla extract
- 4 oz dark chocolate, chopped
- Pinch of salt

Method

- 1.** Beat aquafaba in a perfectly clean bowl on medium speed until foamy.
- 2.** Add cream of tartar. Beat on high to soft peaks. Add sugar 1 Tbsp at a time and beat to stiff, glossy peaks.
- 3.** Melt chocolate gently and stir until smooth. Let cool slightly.
- 4.** Fold one-third of the whipped aquafaba into the chocolate to lighten it.
- 5.** Gently fold in the remaining aquafaba until no white streaks remain.
- 6.** Spoon into serving cups and chill for at least 1 hour.

CHEF'S NOTES

Fold gently to keep the air in the mousse. That is what makes it light.