

Triple Chocolate Mousse Cake Recipe

Servings: 6 x Stainless Steel Round Cake 3 Inch x 1.75 Inch (8x4.5cm) or 1 x Entremet Pastry Ring 7 Inch x 2 Inch (18x5cm). Individual pastry molds can be made using custom PVC pipe for freezer purpose only. This dessert can be served in martini glasses, ramekins and cups; in this case the use of gelatin isn't necessary.

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

Chocolate Genoise

2 ea. whole eggs

1/4 cup (50g) granulated sugar

0.4 cup (50g) cake flour or 50% all-purpose flour and 50% corn starch, sifted

1 Tbsp (12g) Dutch processed cocoa powder (to be sifted with flour).



Method

Use a water-bath by setting a large mixing bowl over simmering water or use direct heat as shown. Place the whole eggs and sugar in the mixing bowl and beat the mixture to 100°F (40°C). Continue whisking using a stand mixer on high speed until it thickens. The batter should fall back into the bowl in a thick ribbon. Carefully fold in the sifted dry ingredients. Do not over mix or the batter will deflate. Spread the chocolate genoise evenly over a baking tray lined with a greased parchment paper. Bake in a preheated 375°F (190°C) oven for about 8 minutes. Let cool completely before using. Can be refrigerated up to 8 days or frozen weeks.

Vanilla Simple Syrup

Bring to a boil 1/2 cup (125ml) water, 1/2 cup (100g) granulated sugar and used vanilla pods or 1/2 Tbsp (7.5ml) vanilla extract. Let cool to room temp before using. Simple syrup can be refrigerated for up to 3 weeks. Can be used for cocktails, fruit salad...

Pate a Bombe (A pâte à bombe is the French term for a mixture used as a base for making mousse; it is basically an Italian meringue using egg yolks instead of whites).

8 ea. (160g) egg yolks (save egg whites for later use, for macarons, financiers..)

1/2 cup + 2 Tbsp (120g) granulated sugar

1/8 cup (30ml) water

Method

Combine the sugar and water in a small, preferably heavy, saucepan cover for a couple of minutes after boiling and bring the mixture to 250°F (121°C). Meanwhile, whip the egg yolks in a stand mixer until light and frothy. Slowly pour the hot syrup in thin stream into the egg yolks. Continue to whip on high speed until the pâte à bombe has doubled in volume and the bowl cools down to being somewhat warm to the touch. Divide pate a bombe into 3x3 oz /90g portions. Set aside.

Triple Chocolate Mousse

2 cups (500ml) whipped cream, divided into 3x5.5 oz /166g portions. Set aside.

Dark Mousse

3 ounces (90g) bittersweet dark chocolate (64 to 72%), melted

2 grams gelatin sheet*, dissolve in cold water, squeeze and melt (microwave a few seconds right before being incorporated into the melted chocolate and pate a bombe mixture. Be careful, gelatin must not be boiled; it will lose its strengths.

Add 3 oz pate a bombe and 5.5 oz whipped cream.

Milk Mousse:

3.5 ounces (100g) milk chocolate, melted

3 grams gelatin sheet, dissolve in cold water, squeeze and melt

Add 3 oz pate a bombe and 5.5 oz whipped cream.

White Mousse:

4.2 ounces (120g) white chocolate, melted

3 grams gelatin sheet, dissolve in cold water, squeeze and melt

Add 3 oz pate a bombe and 5.5 oz whipped cream.



*Agar agar is a traditional substitute for gelatin in many recipes and basically it substitutes at a ratio of an equal amount of agar agar for gelatin. Check out online for the proper use of agar agar in mousse recipes since I have not tried it out.

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Cake Assembly

Line pastry rings with 10.5 Inch x 1.75 Inch (26x4.5cm) baking paper, or rhodoid plastic sheet. Place molds over a baking tray lined with baking paper. Do not grease anything.

Cut genoise into 6 disks. Make them smaller than the pastry ring (the genoise should not be apparent but rather inside the cake). Moisturize genoise disk into the vanilla simple syrup and place inside each mold. Save chocolate genoise trimming for another batch.

For the mousse

For the first layer: melt dark chocolate over a water-bath, remove from the heat and mix in the pate a bombe, add melted gelatin and whipped cream. Fill cakes immediately and freeze for 20 minutes or until firm to the touch. For the second layer; mix the warm milk chocolate with the pate a bombe, add melted gelatin and whipped cream. Fill cake and freeze until firm to the touch. Finish with the white chocolate mousse layer following the same method. Freeze cakes completely before removing pastry rings (6 hours at least).

Before serving: remove pastry rings and let thaw overnight in the refrigerator. Dust top with cocoa powder, remove the baking paper and serve. This dessert can be frozen weeks and refrigerated up to 3 days.