- Prep Time: 15 minutes
- Cook Time: 0 minutes
- Chilling Time: 4 hours (minimum)
- Total Time: 4 hours 15 minutes
- Yield: 6-8 servings
- Intensity Level: Low (No baking, no stove-top cooking, no risk of burning)

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Ingredients

- 400g (14 oz) dark chocolate (50-60% cocoa solids), finely chopped. Do not use chocolate chips; they contain stabilizers that prevent proper melting.
- 1 can (397g/14 oz) sweetened condensed milk
- 200ml (¾ cup + 1 tbsp) heavy cream (cold)
- 1 pinch of fine sea salt
- Optional garnish: Chocolate shavings, fresh raspberries, or a dusting of cocoa powder.

Equipment

- Large heatproof bowl
- Small saucepan
- Whisk
- Electric hand mixer (or a balloon whisk and strong arm)
- Silicone spatula
- Serving glasses or a large glass bowl

Instructions: The Step-by-Step Method

Phase 1: The Melt (Time: 5 minutes | Intensity: Low)

1. Prepare the Chocolate: Finely chop the dark chocolate and place it into a large heatproof bowl. Add the pinch of salt.
2. Create a Baine-Marie: Fill a small saucepan with about 2 inches of water and bring it to a gentle simmer over medium-low heat. Place the bowl of chocolate over the saucepan, ensuring the bottom of the bowl does not touch the water.
3. Melt Gently: Stir the chocolate occasionally with a spatula until it is completely melted and smooth. Remove the bowl from the heat and set it aside to cool for 2-3 minutes. *Crucial Step:* The chocolate should be warm, not hot. If it is too hot, it will seize when the cold cream is added.

Phase 2: The Emulsion (Time: 3 minutes | Intensity: Low)

4. Add the Condensed Milk: Pour the entire can of sweetened condensed milk into the melted chocolate. Using a whisk, stir vigorously until the mixture is completely homogeneous, glossy, and thick. It will look like a very dense fudge sauce. Set aside.

Phase 3: The Aeration (Time: 5-7 minutes | Intensity: Medium)

5. Whip the Cream: In a separate, clean bowl, pour the cold heavy cream. Using an electric hand mixer (or a balloon whisk), whip the cream until it reaches soft peaks. This means the cream should hold its shape when the beaters are lifted, but the peaks should flop over gently. Do not over-whip; stiff peaks will make the mousse grainy.

6. The First Fold: Add one-third of the whipped cream to the chocolate mixture. Use a silicone spatula to fold it in gently. This first addition is to lighten the base. You can stir this part more vigorously—it’s okay to deflate this small amount of cream.

7. The Final Fold: Add the remaining whipped cream. Now, use a very gentle folding motion: cut down the middle with the spatula, scrape the bottom, and fold over. Rotate the bowl a quarter turn and repeat. Stop as soon as no white streaks remain. Over-folding is the only way this recipe can fail.

Phase 4: The Chill (Time: 4+ hours | Intensity: None)

8. Portion and Chill: Spoon the mousse into individual serving glasses or a large serving bowl. Cover with plastic wrap (press the wrap directly onto the surface to prevent a skin from forming) and refrigerate for at least 4 hours, or overnight. The mousse needs time to set and for the flavors to marry.

The “Last” of the Recipe (Serving & Storage)

Serving:
Remove the mousse from the fridge 10 minutes before serving. Garnish with chocolate shavings or a single raspberry on top. Serve with a small spoon and perhaps a shot of espresso on the side.

Storage:
Store any leftovers covered in the refrigerator for up to 3 days. This mousse does not freeze well, as the texture becomes watery upon thawing.

Nutrition Information (Per Serving, based on 8 servings)

Please note: Nutritional values are estimates and will vary based on the specific brand of chocolate and cream used.

- Calories: 410 kcal
- Total Fat: 28g (Saturated Fat: 17g)
- Cholesterol: 45mg
- Sodium: 65mg
- Total Carbohydrates: 38g (Sugars: 34g)
- Dietary Fiber: 3g
- Protein: 5g