

Chocolate Mousse

List of ingredients	List of equipment
200g bar dark chocolate (70% cocoa solids if possible) Small knob of butter 3 tbsp caster sugar 300ml double cream 1tsp vanilla extract - optional 2 eggs ★ Aim Higher Reserve 50g of the chocolate and grate it. Use to mix into the mousse to add texture or sprinkle on top to garnish WARNING: THIS RECIPE CONTAINS RAW EGGS AND MAY NOT BE SUITABLE FOR THE VERY YOUNG, OLD OR PREGNANT PEOPLE.	Equipment to be provided by school *REMEMBER TO BRING A CONTAINER WITH TIGHT FITTING LID TAKE YOUR FOOD HOME IN*

Time	Stage of making	Hygiene and safety	Quality
	Get organised: Ingredients on white tray Collect equipment	Tie hair up Put apron on Wash hands Check ingredients in date and stored correctly	
	Get small saucepan and put no more than 1/3 water in. Bring to boil		
	Break the chocolate into small, even-sized pieces and add to heat proof bowl placed over the pan of simmering water. Add knob of butter	Water should be just simmering. Pan handle to the side	Do not allow any water into the chocolate or it will seize and become hard. Make sure bowl does not touch water Stir chocolate occasionally
	Add sugar, cream and vanilla paste to bowl (this could be the bowl you serve it in) and whip until soft peaks		Visual check for soft peaks
	Check chocolate and remove from heat if melted	Use oven gloves to ensure steam doesn't burn hand	
	Separate the eggs, placing the whites in a clean third bowl and stirring the yolks into the cream mixture.	Ensure bowl is thoroughly clean with no grease.	Do not get any yellow yolk into the egg whites. Check no egg shell is in the bowls

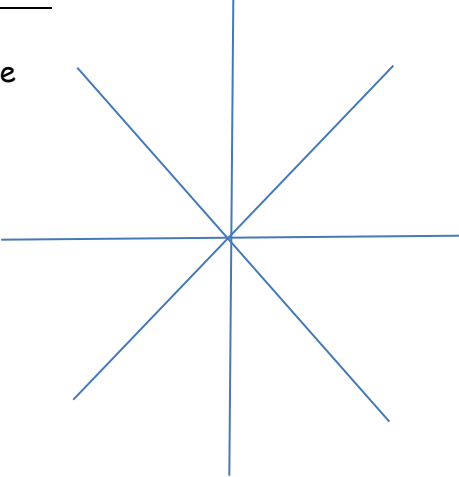
	Whisk the egg whites to stiff peaks	Ensure whisk is thoroughly clean with no grease	Visual check for stiff peaks.
	Spoon the melted chocolate into the cream and stir to combine		Gentle stir until an even colour mixture achieved
	Add whisked egg whites to chocolate and cream mixture and gently fold in		Use figure of eight folding action. The mousse should be an even brown colour all the way through
	Smooth surface of mousse		Neat presentation. Wipe any smears off side of bowl ★ Aim Higher:- Decorate with grated chocolate
	Get dish photographed		
	Cover and place in fridge		
	Wash and dry dirty equipment Tidy away in cupboards and drawers	Hot soapy water to wash Clean tea towel to dry	

Name

Due date

Y10 Practical Record

Dish _____

Picture	<div>Star profile</div> 
Skills and presentation	What was successful
Nutrition	What could be improved/changed

Tips to complete the practical record

Description of dish

How might the dish be described on a menu?

Star profile

Label the star profile with words (attributes) to describe the dish

2 words for texture

2 words for taste

2 words for appearance

2 words for aroma

Score each attribute out of 5 and join up scores with a ruler

(The star profile can help identify successes and improvements)

Skills and presentation

List the skills /techniques and methods you demonstrated to make the dish

Rank them high/medium/low

Suggest how you could present this dish

Successes

List at least 3 things you were happy with about this dish

Use feedback from other people to help

Nutrition

How does the dish meet healthy eating guidelines

What specific nutrition does it provide

How could you make the dish healthier?

Improvements/Changes

List at least 3 improvements you could make or suggest changes you could make

to the ingredients/method/presentation

Give reasons for your suggestions

Use feedback from other people to help