

Mike Daly's special occasion recipe

Written by By Mike Daly Sun Contributor
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I'd like to share my favorite special occasion recipe – ***Rum Chocolate Mousse***. This recipe is modified from an early edition of the “Joy of Cooking” cookbook.

I have been making this for 50 years. Once, while working on a ship in the lower English Channel, I made this for the entire crew.

This is an incredibly smooth, rich dessert that takes about 45 minutes to prepare – with certain precautions as noted below.

Start by stiffly beating two egg whites. Note: be sure the egg beaters are completely dry or the eggs will not whip.

Separately, Whip one cup of whipping cream to make two cups of whipped cream

Cook over very low heat until dissolved, but not brown in color

1/4 cup sugar – preferably confectioners' sugar

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1/8 to 1/4 cup rum – light or dark rum, I've used both and it doesn't seem to make a bit of difference. Alcoholics don't worry. All the alcohol is evaporated

Heat 1/4 lb. semisweet chocolate chips in the microwave. I've experimented with other chocolates, the semisweet always seems to taste the best. When the chocolate is melted, stir in 3 or 4 tablespoons of whipping cream.

When the mixture is cool, but not chilled, fold it into the two stiffly beaten egg whites and then fold this combination very gently into the two cups of whipped cream.

Chill overnight. Somehow it really takes overnight to set this delicious dessert. It produces 5 to 6 servings per batch. I usually make a double batch. If you plan to make it more than several days before serving, I suggest you cover the top with Saran or some other wrap. The light texture seems to acquire a refrigerator odor if kept too long without covering.

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