



A Baby Guinness is a shot of Kahlua topped with a head of Baileys. It's the only shot I can stomach as you don't get that awful alcohol burn that you do from other shots. It's like drinking sweets. Unfortunately though they are not quite as innocent as sweets; they are just as intoxicating as other shots so don't say I didn't warn you. So what made me think of making a Baby Guinness mousse? Well, this recipe started out with me trying to make just a basic chocolate mousse and completely failing to make anything edible. To make matters worse, every recipe I read seemed to go on about how easy it is to make a chocolate mousse. I decided I had to learn to make this "easy" recipe and since I was going to all this trouble I was definitely going to post the recipe here. But since there are a trillion and one chocolate mousse recipes on the web I wanted mine to be a little different and so I thought of a Baby Guinness. Until I bought the bottle of Kahlua last week I always assumed it was a chocolate liqueur it's actually a coffee liqueur (but it really just tastes of sugar). So did my bright new shiny recipe idea help me achieve that lovely velvety bubbles of chocolateyness I was after? No. But *eventually*

I found two wonderful websites that sorted me out. The first one was

[Cook in France](#)

which gives some invaluable tips for creating a good chocolate mousse – this is how I discovered I was overheating the chocolate. And the second one was

[David Lebovitz's version of Julia Child's Perfect Chocolate Mousse](#)

where thanks to the drool-inducing photos I realised I wasn't whipping up the yolks enough and I should maybe add more to the chocolate than just a shot of Kahlua.



### Melting the chocolate



There are several ways to melt chocolate. Some people swear by the microwave – put it in a suitable bowl, blast it for 10 seconds, take it out, stir it and repeat till all the chocolate's melted. Jocasta Innes' Pauper's Cookbook says to put a bowl of your chosen chocolate, with a bit of

butter and a tablespoon of water into a warm oven - it's one of my favourite recipe books but I'm pretty sure she's talking to people with ranges rather than electric ovens. Most recipes seem to use the double boiler method where you melt the chocolate in a glass bowl placed over a saucepan of simmering water. I didn't trust that the oven here or the microwave would work so instead I tried the double boiler method but couldn't find a way to put the bowl on the saucepan so that it wouldn't come into contact with the water *and this was what was causing the chocolate to be overheated* – obviously I needed a different bowl but I kept forgetting to buy it. So instead I chopped the chocolate up very small, placed it in a deep plastic bowl and then put that bowl into a larger plastic bowl of hot water. The water should be hot but not scalding – about 55° C / 131° F. I then keep stirring the chocolate to help it melt. This method worked great for me so I think this is the way I'll do it in future. Might not be the quickest or most sensible way but you will not burn the chocolate using this method.

### **And about the chocolate...**

I generally don't like to name brands in recipes but since I've already said Baileys and Kahlua I might as well mention the brand of chocolate I used especially since I think this chocolate was really what made the final mousse so great - O'Conaill's Irish Handmade Dark Couverture Chocolate Bar – it's not the catchiest name in the world but it's definitely the best chocolate I've ever tasted. If you can't find this chocolate then any good semi-sweet (70% cocoa content) dark chocolate will do.



## **The way I make Baby Guinness Mousse is**

### **Ingredients**

**Serves 2**

*For chocolate mousse*

- 175g 70% cocoa content dark chocolate (plus one more square for decoration)
- 100ml single cream
- 3 large eggs, separated
- 4 heaped tbsp caster sugar
- 3 tbsp Kahlua
- 1 tsp vanilla extract

### *For Baileys whipped cream*

- 100ml single cream
- 1 capful Baileys

## Instructions

1. Whisk up the 3 egg whites with 1 tablespoon of the caster sugar till they have formed soft peaks.
2. With a different whisk beat the egg yolks with the rest of the sugar to a creamy consistency.
3. Melt the chocolate and carefully stir in the single cream 1 tablespoon at a time.
4. Whisk the Kahlua and vanilla extract into the yolks and then fold this into the chocolate.
5. Whisk up the egg whites again just to refresh them (if you have using the same whisk for the egg yolks and whites then be sure to have the whisk perfectly clean and grease free before using it again on the egg whites).
6. With the egg whites whisked up into soft peaks now you can fold them into the chocolate mixture. Use a spatula to do this. Just slice the chocolate with the egg white and gently fold over the chocolate again and again until all the egg white is now part of the chocolate. The idea is to add the airiness of the egg whites to the chocolate so don't stir or whisk it in just fold it in gently.
7. Divide the mixture into individual glasses – it's a rich mousse so I'd suggest dividing it among 6 glasses.
8. Leave to chill in the fridge preferably overnight or for at least 6 hours.
9. An hour or so before serving, whip the single cream until it has started to thicken, then add in a capful of Baileys and whip it until it has formed soft peaks.
10. Take out the glasses with the chocolate mousse and layer each with a head of the whisked Baileys cream.
11. Grate a little of the dark chocolate over it for decoration and leave in fridge until ready to serve.

*I originally said this served 4 - 6 which is actually true if you have the sort of glasses I have in the thumbnail picture - those glasses actually can't hold much more than a shot of something so*

*... changed it to Serves 2.*