



This will be the last chocolate-molasses-ginger flavoured recipe and the last diet-be-damned recipe for some time. There is only so much cream cheese one can eat. Not the best introduction to what turned out to be a very nice cake, which I will definitely be making again. Though not very often. This dessert is filled with minerals but it's also packed with saturated fat. Fine for every now and then but considering this site was, at some stage, all about reducing blood cholesterol levels naturally, I do feel this recipe should come with a bit of warning - and that was it.

I originally intended to make a cheesecake but when I followed the proportions of cream cheese to cream of other no-bake cheesecake recipes, I found the results too heavy. It has to be said I'm not a big fan of cheesecake. I usually love the first three bites and then I don't want to eat any more of it. Ever again. I find them too heavy and monotonous - and as a cheesecake these flavours, which I love, also became sickening. But as a mousse they are a lovely, light and different mix of flavours - if you like the chocolate gingerbread thing.

Just a word about the tin to use, um, I can't really offer any useful advice on this as I couldn't manage to get the spring-form tin to release properly once there was something in it. Eventually, after a lot of swearing, I just gave up and used a deep oven dish. It worked fine. It's just not as easy to make pretty slices.

Oh and I like a very thin biscuit base. I'm usually not a fan of the biscuit bases either. If you are a fan then double quantities below. This one I like a lot, once it has been left in the fridge over night.

I generally avoid mentioning brands or shops but I think I have to mention that at the moment you can get 250g marscarpone (and ricotta as well) for €1.49 each in Aldi. **November 2012**

The way I make Chocolate Gingerbread Mousse Cake is



Ingredients

For the biscuit base

- 5 dark chocolate digestives
- 4 caramelised coffee biscuits
- 3 gingernuts
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 100g butter (salted)

For the mousse

- 250g marscarpone
- 225g double cream
- 100g 70% chocolate (*best quality you can find*), chopped into small pieces
- 100g unsalted butter
- 75g dark muscovado sugar
- 1.5 tsp ground cinnamon
- 1.5 tsp ground ginger
- 1 tbsp crude blackstrap molasses (treacle)
- 1 tbsp golden syrup
- 2 egg yokes
- 1 heaped tbsp caster sugar
- 1 tsp vanilla extract

Instructions

1. Biscuit base: Melt the salted butter over a gentle, add the spices and remove from the heat. Turn the biscuits into crumbs - you can either put them in a bag and repeatedly bash with a rolling pin or something similar, or just put them in the food processor and blend till they're reduced to crumbs. Pour the melted butter over the crumbs and mix around well. Press down into whatever tin or dish you've decided to use *(I'd recommend first greasing it and then lining it with greaseproof paper if you are using a springform tin)*

). Place in an oven preheated to 190°C / 375°F / Gas Mark 5 for 10 minutes. It will still be softish at that stage but take it out and leave to cool.

2. In a new pan, melt the unsalted butter over a gentle to moderate heat and mix in the spices, muscovado sugar, molasses and golden syrup. Stir around until all the sugar is dissolved and everything is nicely blended. Remove from the heat and allow to cool a little.

3. When the sugar-spice-butter mix has cooled a little but is still warm, add in the chocolate pieces and stir around till they have all melted. *It is important that the mix is warm and not hot as otherwise the chocolate might seize and it will become inedible - I learnt this making the [Baby Guinness Mousse](#)*

4. In a deep bowl whisk the egg yolks and the caster sugar until they are the colour of butter. Whip the marscarpone into this mixture. When everything is blended, with a spatula fold in the chocolate mix.

5. In another deep bowl, whisk the double cream until it begins to thicken, then add in vanilla extract and whip until it forms very soft peaks. *be careful not to overwhisk the cream as it turns a little sour if you do.*

6. With a spatula take a some of the double cream add it to the chocolate mix and fold in. Repeat until you have folded all of the cream into the chocolate-cheese mix.

7. Spoon the mousse over the biscuit base and leave in the fridge for at least 8 hours or preferably overnight. *It's really important to leave it rest and chill that long as it the taste is more mellow after this time.*

Enjoy!

And then eat lots of avocado, olives, nuts and seeds for the rest of the week - you're going to need a lot of [good fat](#) to compensate for this dessert.