

Satin Seduction

Makes: 4 servings

Preparation time: about 30 minutes

1 cup (250 mL or 6 oz/170 g) semi-sweet or bittersweet chocolate, chopped
2 tbsp (25 mL) unsalted butter, cut into 8 pieces
3 large egg whites
Pinch salt
3 tbsp (50 mL) granulated sugar
3/4 cup (175 mL) whipping cream
Chocolate shavings for garnish

1. Put the chopped chocolate in a medium heat proof bowl and set the bowl in a skillet of barely simmering water (or use a double boiler.) Stir the chocolate with a heatproof spatula just until it is melted. Remove from the bowl from the water; add the butter to the chocolate and stir until the butter is melted and the mixture is smooth.
2. In a medium bowl, whip the egg whites and salt until they barely hold soft peaks. Gradually add the sugar and continue whipping until the whites just start to hold stiff peaks.
3. Wipe the beaters or whisk attachment clean, then whip the cream in a large bowl until it's fairly thick and holds a soft peak.
4. With a large spatula, gently fold about one-third of the egg whites into the chocolate until the mixture is no longer streaky. Fold in the remaining whites. Scrape the chocolate mixture into the whipped cream. Fold gently until mixture is uniform in colour and texture.
5. Divide among 4 dessert dishes, refrigerate for at least 30 minutes, and serve garnished with whipped cream and chocolate shavings.