



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Chocolate Mousse with Espresso Brulee and Orange and Mint Salad

Ingredients

Espresso Brulee

375ml pouring cream
125ml milk
150g caster sugar, plus extra for dusting
80ml espresso
5 egg yolks
Coffee beans to serve

Chocolate orange mousse

300g dark cooking chocolate, roughly chopped
50g butter, cubed
1 orange, zest
3 eggs
¼ caster sugar
300ml pouring cream
1 orange, rind julienned, to serve
Grated chocolate, to serve

Orange and mint salad

1 orange, ½ segmented, ½ juiced
¼ cup mint leaves, julienned
1 teaspoon caster sugar



Method officially tested

1. Pre heat the oven 140 degrees Celsius.

2. **For the espresso brulee**, combine the cream, milk, sugar and espresso in a saucepan over a medium heat until the sugar has dissolved and the mixture almost boils. Whisk the egg yolks in a bowl, until frothy. Continuously whisking, pour in half the hot cream mixture, whisk then stir in the remaining mixture. Sieve into a jug, place in the fridge to cool. Place 8 Asian spoons into a shallow oven tray and fill with boiling water to just cover the bottom of the spoons. Pour the mixture into the spoons. And place in the oven for 15 minutes or until just set. Refrigerate to set.

3. **For the chocolate mousse**, bring a saucepan of water to the boil and reduce to a simmer, place the chocolate and butter and orange zest in a bowl and place the bowl over the simmering water, stir occasionally, until melted and set aside to cool. Place the eggs and sugar in a separate bowl and whisk until mixture is thick and pale. Fold into the chocolate mixture until combined. Pour the cream into another bowl and whisk until thickened, carefully fold into the chocolate mixture and do not over mix. Spoon the mixture into 4 small glasses and refrigerate to set.

4. **For the orange and mint salad**, combine the orange segments and mint in the bowl. Add the orange juice and sugar and mix, spoon into spoon bowls and chill.

5. To serve, sprinkle caster sugar over the crème brulee and grill over high heat until sugar is golden brown. Place Asian spoon brulee on serving plate with mousse and salad.