



Strawberry Chocolate Mousse Cups



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Introduction

Indulge in the delightful combination of strawberries and chocolate with the irresistible strawberry chocolate mousse cups. This dessert is not only visually stunning but also incredibly easy to make. Perfect for gatherings or a sweet treat at home, these mousse cups are rich, creamy, and bursting with flavor. They bring together the freshness of strawberries and the decadence of chocolate, making each spoonful a heavenly experience.

Detailed Ingredients with measures

For the strawberry chocolate mousse cups, you will need the following ingredients:

- Dark chocolate: 200 grams
- Heavy cream: 1 cup
- Fresh strawberries: 2 cups, hulled and sliced
- Sugar: 2 tablespoons
- Vanilla extract: 1 teaspoon
- Lemon juice: 1 tablespoon

Prep Time

The preparation time for these delicious mousse cups is approximately 20 minutes. This allows you to whip up the chocolate mixture while the strawberries are being prepped.

Cook Time, Total Time, Yield

The cook time for this recipe is around 10 minutes, primarily for melting the chocolate. In total, you will need about 30 minutes to make these mousse cups, including preparation and cooling time. This recipe yields 4 servings, perfect for sharing with friends or family.



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Detailed Directions and Instructions

Prepare the Strawberry Puree

Start by washing and hulling the strawberries. Then, blend the strawberries in a blender or food processor until smooth. Strain the mixture through a fine sieve to remove any seeds, if desired. Set the puree aside for later use.

Make the Chocolate Mousse

In a heatproof bowl, melt the dark chocolate using a double boiler method. Stir until the chocolate is completely melted and smooth. Allow it to cool to room temperature.

See also [Pumpkin Cream Cheese Dream Bars](#)

Whip the Cream

In a separate bowl, whip the heavy cream until soft peaks form. Be careful not to overwhip the cream.

Combine Strawberry Puree and Chocolate

Once the melted chocolate has cooled, fold in a small amount of the whipped cream to lighten it. Then, gently fold in the remaining whipped cream in batches, ensuring it remains airy. Finally, add the prepared strawberry puree and gently fold until just combined.

Assemble the Mousse Cups

Spoon or pipe the chocolate-strawberry mousse mixture into serving cups or glasses. Level the tops with a spatula or the back of a spoon.

Chill the Mousse Cups

Cover the mousse cups with plastic wrap and refrigerate for at least 2-3 hours, allowing the mousse to set and chill thoroughly.

Serve and Garnish

Before serving, garnish each mousse cup with fresh strawberries, whipped cream, or chocolate shavings, as desired.

Notes

Use Quality Ingredients

For the best flavor and texture, choose high-quality dark chocolate and fresh strawberries.

Adjust Sweetness

Depending on your taste preferences, you can add a little sugar to the strawberry puree or adjust the amount of whipped cream to enhance the sweetness of the mousse.

Storage

These mousse cups can be stored in the refrigerator for up to 2 days, but they are best enjoyed fresh.

Make Ahead Option

You can prepare the mousse cups a day in advance, allowing for a delightful dessert ready to impress without last-minute preparations.



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Cook techniques

Whipping Cream

Whipping cream is an essential technique in this recipe. Use a chilled bowl and beaters to achieve stiff peaks for the mousse texture.

See also [Black Bean Tostadas Recipe](#)

Melting Chocolate

For a smooth chocolate base, melt the chocolate over a double boiler or in the microwave, being careful not to overheat it to prevent burning.

Folding Ingredients

Folding is the technique used to combine whipped cream with melted chocolate. This gentle mixing method helps maintain the airy texture of the mousse.

Chilling

Allow the mousse cups to chill in the refrigerator to set properly. This step enhances the flavor and texture, making the mousse firmer.

FAQ

Can I use a different type of chocolate?

Yes, you can use milk or white chocolate instead of dark chocolate for a different flavor profile.

How long can I store the mousse?

The mousse can be stored in the refrigerator for up to 3 days. Be sure to cover it to prevent it from absorbing odors.

Is it possible to make this mousse dairy-free?

Yes, you can use dairy-free chocolate and coconut cream as a substitute for heavy cream to make the mousse dairy-free.

Can I add flavors to the mousse?

Absolutely! You can incorporate flavors like vanilla, coffee, or almond extract into the chocolate mixture for added depth.

What can I use instead of mousse cups?

You can serve the mousse in any dessert glass, jar, or even as a cake filling or topping for other desserts.



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Conclusion

The Strawberry Chocolate Mousse Cups are a delightful and indulgent dessert that benefits from the perfect balance of rich chocolate and fresh strawberries. With their light texture and vibrant flavor, these cups are ideal for any occasion, impressing guests or providing a sweet treat for yourself. The ease of preparation makes them a go-to recipe for both novice and experienced bakers alike.

See also Bacon Apple Cheddar Dip

More recipes suggestions and combination

Vanilla Panna Cotta

A smooth and creamy dessert that pairs beautifully with fresh fruits or a berry sauce. It offers a light contrast to the richness of the chocolate mousse.

Lemon Tart

This zesty dessert adds a refreshing citrus flavor to your menu. Its tartness complements the sweetness of the strawberries perfectly.

Chocolate Lava Cake

For chocolate lovers, this decadent cake with a molten center provides an intense chocolate experience that can be enhanced with a scoop of ice cream.

Cheesecake Parfaits

Layer creamy cheesecake with your choice of berries for a deliciously

simple dessert that echoes the flavors of the mousse cups.

Fruit Galette

A rustic and freeform pie that can showcase seasonal fruits, including strawberries, combining flakiness with a delightful sweetness.

Banana Split

Combine the flavors of chocolate, strawberries, and bananas for a nostalgic dessert that brings the ice cream shop experience home.



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