

BAKED CHOCOLATE AND ANISE MOUSSE

(makes approx 8 portions)

Ingredients:

300g dark bitter chocolate (min 60% cocoa fat)

150g unsalted butter

6 eggs

1½tsp freshly ground star anise, sieved

50g caster sugar

Method:

1. Line the base and sides of a 20cm spring-bottomed cake tin with greaseproof paper and set the oven to 180°C. Melt the chocolate and butter in a metal bowl over a pan of simmering water.
2. Separate the eggs and whisk the yolks with the star anise and 2 tablespoons of the sugar for half a minute. Stir in the melted chocolate and mix well. Beat the egg whites with the remaining sugar until very stiff, quickly fold one-third of the whites into the chocolate mix, then gently fold in the remainder and pour the mix into the cake tin.
3. Place on the middle shelf of the oven and bake for 20 minutes. Remove from the oven and cover the tin with foil, sealing well to keep the heat in so that the steam can soften the crust. Once it's cold put in the fridge and leave for at least 4 hours before giving in to temptation.