

Milk and white chocolate mousse, soup and fridge cake recipes

Dark chocolate is a fine thing, but white chocolate, milk chocolate, and chocolate bars are great sources of inspiration for fantastic puddings

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Milk, white and dark chocolate. Photograph: Maximilian Stock Ltd / Michael Rosenfeld / Getty Images

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Good chocolate doesn't have to be dark

Food blog: The idea that the darker the chocolate, the better it is isn't the whole truth. Milk and white chocolates deserve a little more respect, says **Trish Deseine**

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Salted milk chocolate caramel mousse

This is gooey and rich with a hint of salt to cut through the sweetness. Don't be tempted to whisk the egg whites too much, as a looser texture is best with the foam not too stiff.

Serves 6, 30 minutes preparation time
Chilling and setting time: 6 hours or overnight

100g granulated sugar
2 tbsp water
30g good quality salted butter
200ml double cream, heated to boiling point
200g milk chocolate 38% cocoa
3 large eggs, separated

1. Make caramel by slowly dissolving the sugar with 2 tablespoons water in a saucepan over a low heat. Bring to a slow simmer without stirring. When syrup starts to colour around the edges, swirl saucepan gently to allow caramel to cook uniformly. Do not stir but allow it to become dark brown. Take off heat and mix in butter.
2. Pour over boiling hot cream and continue mixing until smooth. If there are any lumps of hardened caramel let them dissolve in the warm cream before adding the other ingredients.
3. Add the chocolate and wait for a minute or two for it to melt, then mix gently. Stir in egg yolks. Whisk egg whites until firm but not soft peaks and fold into mixture.
4. Divide between 6 ramekins. Chill for 6 hours.

William Ledeuil's white chocolate soup



William Ledeuil's white chocolate soup.

Serves 4, 10 minutes preparation

400g (1 can) coconut milk
200ml passion fruit nectar/juice
200g white chocolate
1 stalk of lemon-grass (optional)

Break the chocolate into 2cm pieces and place in a bowl large enough to contain the liquid. Mix the coconut milk and passion fruit nectar in a small saucepan, and heat. (If you are using lemongrass, allow it to steep some in the hot coconut milk mixture.) Pour the hot liquid over the white chocolate pieces and allow to sit for 3-4 minutes before stirring.

Serve warm.

Chocolate bar fridge cake

Serves 8-10, 15 minutes preparation, 3 hours chilling

300g butter (half and half salted / unsalted if you like)
2 eggs, lightly beaten
150g sugar
100g dark chocolate
50g cocoa powder
6 to 8 Snickers, Milky Way, Kit Kat or Mars Bars
A handful of Maltesers and / or Kit Kat Balls


Melt the butter and the chocolate together in the microwave or over a bain marie. Let it cool slightly before adding the eggs, then the sugar and the sieved cocoa powder.

In a 2 litre or so terrine mould (silicone is good) pour in a layer of this mixture to line the bottom to about 1.5 cm. Place a layer of bars and a few Maltesers, so as they run the whole way through the length of the terrine. Press them lightly into the chocolate base.

Repeat until you've used up the ingredients and the terrine is tightly packed.

Put the cake in the fridge, let it chill and harden for about 3 hours. Slice carefully, exposing the extraordinary, fossil-like cross-section of the bars.

• Trish Deseine's new chocolate range Chocolate by Trish is available now in [Selfridges Food Halls](#) and [online](#)

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