

# LENÔTRE S CHOCOLATE MOUSSE WITH THE PÂTE à BOMBE TECHNIQUE

## The Recipe

<https://cuisinedaubery.com/recipe/chocolate-mousse-lenotre/>

A magic recipe of Lenôtre for Chocolate Mousse lovers, this one makes mousses light and frothy but also solid so they can hold a long time at room temperature as well as in layer cakes

Chef: Lenôtre

Skill: Experienced Level

Cuisine: French Cuisine

Courses: Dessert, Mousse, Cake Mousse, Chocolate Mousse,

## Ingredients

### **With 520 g (1 lbs 2 oz ) of Cream**

\*Pâte à Bombe

4 Tablespoons Water (50 grams)

2/3 Cup Sugar (150 grams)

1/2 Cup Egg Yolks (100 grams)

1/3 Cup Eggs (150 grams)

\*Whipped Cream

2 1/3 Cups Whipping Cream (520 grams)

\*Chocolate

11 oz Dark Chocolate (300 grams)

### **With 700 g (1 1/2lbs ) of Cream**

\*Pâte à Bombe

1/3 Cup Water (67.3 grams)

1 Cup Sugar (201.9 grams)

1/2 Cup Egg Yolks (134.6 grams)

1/2 Cup Eggs (201.9 grams)

\*Whipped Cream

3 Cups Whipping Cream (700 grams)

\*Chocolate

1 lbs 14 oz Dark Chocolate (403.8 grams)

### **With 400 g (1 lbs 14 oz ) of Cream**

\*Pâte à Bombe

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3 Tablespoons Water (38.4 grams)  
1/2 Cup Sugar (115.3 grams)  
1/3 Cup Egg Yolks (76.9 grams)  
1/3 Cup Eggs (115.3 grams)  
\*Whipped Cream  
1 3/4 Cup Whipping Cream (400 grams)  
\*Chocolate  
1/2lbs Dark Chocolate (230.7 grams)

### With 1 kg (2 1/4 lbs ) of Cream

\*Pâte à Bombe  
1/2 Cup Water (96.1 grams)  
1 1/4 Cup Sugar (288.4 grams)  
3/4 Cup Egg Yolks (192.3 grams)  
3/4 Cup Eggs (288.4 grams)  
\*Whipped Cream  
4 1/2 Cups Whipping Cream (1 kilogram)  
\*Chocolate  
1 1/4 lbs Dark Chocolate (576.9 grams)

## Steps

### Prepping the ingredients

1. Place the Whipping Cream (2 1/3 Cups or 520 g) in the refrigerator
2. Place the bowl and the whisk what you will use to whip the cream, in the freezer. It is important that you beat the cream when it is cold and when the mixing bowl is cold too
3. Let the the Egg Yolks (1/2 Cup or 100 g) and the the Eggs (1/3 Cup or 150 g) warm to room temperature for 30 minutes

### The chocolate

4. Lenôtre recommends a dark and quality Dark Chocolate at 70%, which I tried but I found it too .... much in chocolate as far as I'm concerned
5. I then decided to mix in Milk Chocolate and found the taste much better
6. It's really up to you, but trust me, the taste is better when you combine half Milk Chocolate ( 5 oz or 150 g) and half Dark Chocolate( 5 oz or 150 g)
7. Melt the chocolate ( 11 oz or 300 g) in a double-boiler
8. Then set aside and wait until the temperature reaches 120 F / 45 C (or 100 F / 35 C but not lower), at room temperature: You may proceed to the next steps while the temperature goes down

### The Whipped Cream

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9. Whisk the Whipping Cream (2 1/3 Cups or 520 g) in the mixing bowl that was set aside in the freezer
10. You may use either a stand mixer (like a Kitchen Aid appliance) or an electric beater
11. We want to whisk for a brief moment...
12. You want a whipped cream that is not too stiff otherwise you won't be able to combine it easily with the rest
13. Once it's done, keep aside in the refrigerator
14. Do not whip the Cream too long ! If the whipped cream is too stiff, it will be difficult to mix with the next batter
15. The cream must remain fluffy and not too firm
16. Place the bowl with the whipped cream in the refrigerator

### The "pâte à bombe"

The "pâte à bombe" is a French name for a mixture that will serve as the base for the chocolate mousse.

It is a mix of beaten eggs with a hot syrup that will create thousands of bubbles while it is cooling down, while making the mousse "solid" : It's magical as the "pâte à bombe" makes mousse fluffy while making it sturdy as well... your chocolate mousse will be so fluffy, and will hold at room temperature

It's an ideal technique for mousses that must hold at room temperature, but also for mousses that must be used inside layer cakes (to resist heavy weight of layers)

### The Syrup

17. We start with the hot syrup : Pour in a saucepan the Water (4 Tablespoons or 50 g) and the Sugar (2/3 Cup or 150 g)
18. Stir to combine
19. Heat your sugar syrup over a medium-high flame
20. Bring to a boil
21. There is always a risk in making a syrup : Wash down the sides of the pan with a brush dipped in cold water to prevent crystallization...
22. In a mixing bowl, combine the Egg Yolks (1/2 Cup or 100 g) and the Eggs (1/3 Cup or 150 g)
23. Beat at maximum speed using an egg beater or a stand mixer like the 'kitchen aid' appliance I'm using, the eggs must become light and frothy
24. Wait until the syrup temperature reaches 245 F / 121 C : remove the saucepan from the heat
25. Pour the hot sugar syrup by streaming it into your egg whites as they continue to whip on low to medium speed
26. Try to pour between the whisk and the side of the bowl, not on the whisk !
27. Once the syrup is poured, keep whipping on maximum speed for a few minutes to cool it down
28. The eggs become fluffy
29. Keep whisking for at least 10 minutes : you may stop only when the mixing bowl is not hot anymore

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30. You will obtain a perfect "pâte à bombe", ready to be used

### **Mixing**

31. Mix in a bit of whipped cream

32. Whisk

33. Add in the pâte à bombe and do not whisk, but gently fold in the mixture

34. Beating with the whisk would break the fluffy structure of the mousse ! Instead, you need to fold using a rubber spatula

35. Gently fold and do not whisk to keep the pâte à bombe texture

36. At the end, fold in the Whipping Cream in 3 times

37. You will use a rubber spatula to gently fold

38. Repeat twice

39. Gently fold

40. The batter won't look so fluffy, but don't be discouraged, it now needs to rest in the fridge

41. Refrigerate for at least 4 hours