

## How to make aquafaba chocolate mousse

Aquafaba is the liquid from a can of chickpeas. It sounds like a weird dessert ingredient, doesn't it? Thanks to its starchy nature, aquafaba has long been embraced as an egg substitute by vegan cooks. In the case of mousse, which is typically made by whipping cream, not eggs, it is aquafaba's ability to be whipped into a sturdy, foamy structure that makes it an excellent substitute for the cream. It has the same neutral taste as cream, allowing the dark chocolate to be the star. So, whether you are a vegan or a confirmed carnivore who happens to be lactose intolerant, you can enjoy decadent chocolate mousse in just a few easy steps.

### Tools and Ingredients

- Stand mixer, or hand mixer
- Double boiler
- Silicon spoon or spatula
- Kitchen scale and measuring cups
- Small serving bowls/containers
- Plastic wrap
- 7 oz (200 g) dark chocolate
- ½ cup (120mL) aquafaba
- ½ cup (100 g) white sugar

### Steps

#### 1. Gather tools and weigh or measure out ingredients.



*This recipe comes together quickly. Get everything ready before you start.*

**2. Melt chocolate in double boiler. Set aside to cool slightly.**



*Stirring the chocolate will encourage faster melting. Use a silicon or rubber spoon or spatula to avoid heat transfer to your hand.*

**3. Beat aquafaba and sugar on high speed in a stand mixer with the whisk attachment or a hand mixer until thick and glossy.**



*Ingredients just combined*



*After 5 minutes*



*After ten minutes*

*Be patient! Unlike eggs or cream, Aquafaba cannot be overbeaten, but it takes longer to whip.*

**4. Fold chocolate into whipped aquafaba until fully incorporated.**

*Be gentle so the air whipped into the aquafaba isn't pushed out of the mixture by vigorous stirring. Cut down the middle of the mix and fold half the mixture over itself. Turn the bowl and repeat until no white streaks remain.*



*Pour*



*Cut*



*Fold*



*Fully incorporated*

**5. Spoon into serving containers.**

*This is a rich dessert. Small portions are best!*

**6. Cover with plastic wrap.**



*Avoid fridge smell transfer with plastic wrap. Do not put the wrap on the mousse itself. It will stick.*

**7. Place in refrigerator for at least an hour.**

*The mixture needs time to set to create the unique texture of mousse.*

**8. Serve and enjoy.**



*Top with more chocolate, fruit, chopped nuts, or whatever. The only limit is your imagination.*

## Notes

**No double boiler?** Place a glass bowl over a pot of simmering water. Do not let the water touch the bowl (check this before you heat the water!), or the chocolate will scorch. Be careful; the bowl will get very hot! Use a hot pad to handle and protect your countertops while cooling.

**Can I use other chocolates?** I have tested this recipe with other chocolates (white and semi-sweet) and peanut butter chips. The mousse didn't set as firmly with the other chocolates as the dark chocolate. However, they made a delicious soft mousse. I have used the white chocolate as a layer on top of the dark chocolate with great success. The peanut butter chips were not successful. The chips didn't melt as well as chocolate chips and cooled strangely in the mousse, leaving hard bits. I would not recommend them.

**Leftover aquafaba?** The amount in the recipe is just over half of the liquid in the can. You can freeze the remainder for use in your next mousse (because you will make this again!) or save it up and make Alton Brown's [aquafaba meringues](#).

**What do I do with all these chickpeas?** Chickpeas are a great addition to salads and soups. They can also be fried into a crunchy, protein-rich [snack](#). I like them best in hummus. I use [this recipe](#) for a no-fuss hummus right in the food processor.

(All photographs are the author's own.)