

# Angel Food Mousse Cake

Poetry & Pies

**prep time:** 20-25 minutes

**chill time:** 1 hour

**total time:** 1 hour, 25 minutes (plus about 1 hour to make the angel food cake)

**servings:** 12-16



## Ingredients

- half of one [angel food cake](#)
- 1 bag (12 ounces or 340g) semi-sweet chocolate chips (or chopped baking chocolate)
- 5 large eggs, room temperature and separated\*
- 1 cup (232g) heavy whipping cream, cold
- $\frac{1}{3}$  cup (45g) powdered/icing sugar, sifted
- 1 tablespoon (13g) pure vanilla extract
- optional: 1-2 squares baking chocolate (or your favorite chocolate bar), to decorate
- optional: whipped cream and fresh berries, to serve

## Instructions

1. Make the [angel food cake](#) ahead of time. It will keep up to 2 days. You'll only need half of the cake, so feel free to serve the other half with berries and cream or use it in a trifle. If you do not want extras, you can either bake it in an 8x8 pan or use the [fluted pan](#) and reduce the bake time.
2. When ready to make this cake, tear up the angel food cake into roughly 1" pieces and place in a [9x13" baking pan](#) or casserole dish. Set aside.
3. Place all of your ingredients into the appropriate bowls first. Place the chocolate chips in a large, heatproof bowl. Place the yolks in a small bowl and the whites in a large bowl. Place the heavy cream in a large bowl with the powdered sugar and vanilla.
4. First, whip the heavy cream, powdered sugar, and vanilla on high with a handheld mixer or the whisk attachment of a stand mixer, until stiff peaks just begin to form. Place the bowl in the fridge until ready to use.

5. Again using a (cleaned) handheld mixer or the whisk attachment of a stand mixer, beat the egg whites on high until soft peaks form and they begin to hold their shape. Set aside.
6. Whisk the yolks until frothy.\*
7. From here on out, be sure you have read each step and are prepared to work quickly.
8. Place the chocolate chips over a medium pot of simmering water (bring it to a boil then turn down to low before setting the chocolate on top). Stir constantly with a rubber spatula, until the chocolate has almost completely melted. Remove bowl from the pot and stir until smooth and all chocolate has melted. If needed, set the bowl back on the pot for 30 seconds to help melt the chocolate completely.
9. Add the egg yolks to the chocolate and stir very quickly to combine.
10. Add  $\frac{1}{3}$  of the egg whites and fold in quickly, followed by another third then the final third. Try to do this very quickly, to avoid the chocolate seizing as well as to ensure the egg whites get cooked sufficiently.
11. Next, take a breath! By now the chocolate should be fairly cooled. If not, stir until room temperature.
12. Fold in the whipped cream,  $\frac{1}{3}$  at a time, until smooth and fully combined.
13. Pour over the torn up angel food cake. Refrigerate at least 1 hour, until set.

Enjoy!

*Refrigerate until serving. If not serving that day, cover with plastic wrap until ready to eat.*

*\*Note about egg safety: I am sharing my mom's recipe as-is, which is safe to eat unless you are unable to work quickly with the various mixing steps, but a lot of similar recipes call for cooking the yolks in a double boiler first. This would mean the mixture is still quite hot and will cook the whites as you add those in, leaving very little chance any of the egg remains raw. If you would like to pursue this route, heat the yolks with 1/3 cup granulated sugar over a pot of simmering water, until frothy and pale and a thermometer reads 165. Do this before you melt the chocolate, set aside, then simply stir the two together once the chocolate is melted. It also reduces the stress!*

*You will want to reduce the amount of powdered sugar in the whipped cream to about 2-3 tablespoons, to avoid an overly sweet mousse.*