Chocolate Avocado Mousse with Hazelnut Crisps and Berries



What You'll Need

Chocolate Avocado Mousse

› 1/2 100 g (3 1/2 oz) dark chocolate bar (70% cocoa solids or higher)
› 3 tbsp whipping cream
› 1 avocado
› 2 tbsp maple syrup
› 2 tbsp sugar
› Pinch sea salt
› 1 cup mixed fresh berries

Hazelnut Crisps

› 3/4 cup raw hazelnuts (filberts)
› 3/4 cup all-purpose flour
› 1/2 cup butter, cut into cubes
› 1/2 cup cane sugar
› 1/2 cup yellow sugar
› 1 egg
› 1/2 tsp pure vanilla extract
› 1/2 tsp baking powder
› 1/4 tsp sea salt

Directions

Chocolate Avocado Mousse

1. Place the chocolate and cream in a double boiler (a small bowl resting in a pot with an inch of water). Melt the chocolate and cream. Remove from the heat and mix.
2. Place the avocado, chocolate-cream mixture, maple syrup, sugar, and sea salt in a food processor and process until smooth.
3. Divide the mixture into two small ramekins. Place in the refrigerator and let the mousse set. Serve with hazelnut crisps and berries.

Hazelnut Crisps

Makes 18-24 cookies

1. Preheat the oven to 325 degrees F.
2. Place the hazelnuts in a baking pan and place in the oven. Roast for 10 minutes. Remove from the oven and place the hazelnuts in a tea towel for 5 minutes. Rub the hazelnuts inside the towel to remove the skins. Discard the skins.
3. Place the hazelnuts in a food processor. Process to a fine powder and set aside.
4. Place the butter and sugars in an electric mixer bowl and mix to cream them together. Add the egg and vanilla. Mix again.
5. Add the flour, baking powder, and sea salt. Mix again.
6. Transfer dough to a piece of plastic wrap laid out a flat surface. Use the wrap to roll the dough into a long cylinder of dough, 8 to 10 inches in length and 2 to 3 inches in diameter.
7. Place the roll in the refrigerator and let chill for 30 to 60 minutes. Once chilled, slice the cookies and place on a baking sheet about one inch apart. Bake at 325 degrees F for 10 to 12 minutes. Remove from the oven and let cool. Store in an airtight container.