

RECIPES

Tofu Chocolate Mousse

I was hesitant to put tofu in the name of this dish, thinking it might dissuade some from trying it. When I serve it I often ask people to guess at the ingredients. They always get the chocolate, but heavy cream is also invariably at the top of everyone's list. It is great fun to watch the jaws drop when I tell them that it is made largely from tofu. Try it and you will understand their surprise. This is simply one of the best chocolate dishes I have ever had, and it is certainly the easiest to prepare.

Learn more about the [nutrition information](#) provided below.

Yields : 10 one-quarter cup servings

Nutrition (*per serving*)*

Calories - 128

Total Fat - 9

Saturated Fat - 2 g

Trans Fat - 0 g

Cholesterol - 0 mg

Sodium - 31 mg

Total Carbohydrates - 20 g

Dietary Fiber - 0 g

Sugars - 8 g

Protein - 4 g

About the recipe

One of the things that makes it so good is that, while its taste and consistency are light—say compared to ice cream—it is actually dense with chocolate. And that is good because nutrition experts now extol the virtues of high cocoa content chocolate. Therefore I have set the serving size at ¼ cup. For me, this amount, which includes the equivalent of one-third chocolate bar, is sufficient, especially when combined with some fresh raspberries, blackberries or mango, or most especially the recipe for berry compote.

If you do not want to use a liqueur, replace it with orange juice. It will still be good, just not quite as exotic. It is terrific scooped into ice cream cones!

Please note that the percentage of cocoa in the chocolate you use is very important. For example, if you use 40% chocolate you will need to nearly double the amount you use to get the same consistency and flavor balance.

Ingredients

1 pound silken or soft tofu

1 teaspoon vanilla

1 tablespoon honey

1/8 teaspoon salt

Grated zest from 1 orange

Heaping ¼ teaspoon cinnamon (optional)

5 ¼ ounces (about 1 cup) 70% cocoa dark chocolate cut into very small pieces.

3 tablespoons Grand Marnier, Cointreau, or Triple Sec, or substitute orange juice

Directions

1. Add the first 6 ingredients. Put the tofu, vanilla, honey, salt, orange zest and the optional cinnamon, if you decide to use it, in the bowl of a food processor.

2. Melt and add the chocolate and liqueur. Place a stainless steel bowl over a small to medium sized pot of simmering water. Add the chocolate and liqueur (or orange juice) and stir frequently with a wooden spoon until the chocolate has completely melted.

3. Combine and process the ingredients and chill. Add the chocolate mixture to the food processor and process for 1 minute, stopping as necessary to scrape down the side of the bowl with a spatula. Pour the combined ingredients into a large bowl or into separate, small serving dishes, such ramekins. Cover with plastic wrap and chill for several hours.