



WHATSheATE



## Guinness Week: Stout and Chocolate Mousse with Guinness Oatmeal Cookies



Vegetarian

READY IN



210 min.

SERVINGS



10

CALORIES



773 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup chocolate chunks dark
- ☐ 8 ounces chocolate dark 60% roughly chopped ()
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose (spooned and leveled)
- ☐ 0.3 cup granulated sugar

- ☐ 1 cup porter
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup brown sugar light packed
- ☐ 2 cups oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup sugar
- ☐ 2 sticks butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup flour whole wheat (spooned and leveled)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ hand mixer

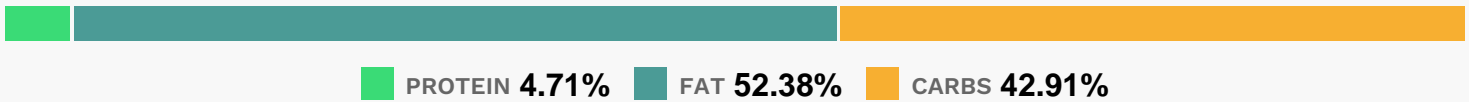
## Directions

- ☐ Melt chocolate and butter in a double boiler over a low simmer, stirring frequently until melted.
- ☐ Remove from heat and stir in Guinness, vanilla, and salt.
- ☐ Whisk in egg yolks one at a time, until thoroughly combined. Cool 5 minutes.
- ☐ Meanwhile, in an electric mixer fitted with a whisk attachment, whip egg whites on high speed into soft peaks. With mixer running, slowly add sugar, until thick and shiny. Slowly fold 1/3 of

egg whites into chocolate mixture, then fold in remainder of egg whites until just incorporated, being careful not to overmix or mousse will lose volume.

- ☐ In an electric mixer fitted with whisk attachment, whip cream on high speed into stiff peaks. Slowly fold into chocolate mixture until completely incorporated. Put into serving bowls; cover and refrigerate for at least 2 hours for flavors to meld.
- ☐ For the cookies, cook Guinness in a small saucepan over medium-high heat until reduced to 1/2 cup. Set aside. Preheat oven to 350 degrees.
- ☐ Place butter and both sugars in an electric mixer fitted with a paddle attachment. On medium-high speed, cream until light and fluffy, 2-3 minutes.
- ☐ Add eggs, reduced Guinness, and vanilla, beat until combined, scraping down the bowl as needed.
- ☐ Add oats, both flours, baking powder, baking soda, and salt until just combined, 15-30 seconds. Stir in chocolate chunks.
- ☐ Scoop 1/2 tablespoon portions of cookie dough onto parchment lined baking sheet, leaving a 1 inch space between each.
- ☐ Bake 6-9 minutes, cookies should look slightly underdone when you remove them from the oven.
- ☐ Let cool on cookie sheet 5 minutes, transfer to wire rack to cool completely. Keep raw cookie dough in refrigerator while baking.

## Nutrition Facts



## Properties

Glycemic Index:37.02, Glycemic Load:22.42, Inflammation Score:-7, Nutrition Score:17.503913088337%

## Nutrients (% of daily need)

Calories: 772.91kcal (38.65%), Fat: 45.37g (69.8%), Saturated Fat: 26.89g (168.07%), Carbohydrates: 83.61g (27.87%), Net Carbohydrates: 76.93g (27.97%), Sugar: 50.67g (56.3%), Cholesterol: 109.92mg (36.64%), Sodium: 227.54mg (9.89%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Caffeine: 32.76mg (10.92%), Protein: 9.18g (18.37%), Manganese: 1.71mg (85.26%), Copper: 0.75mg (37.55%), Iron: 5.59mg (31.07%), Magnesium: 123.66mg (30.91%), Selenium: 20.4µg (29.15%), Fiber: 6.69g (26.75%), Phosphorus: 264.73mg (26.47%), Vitamin A: 980.31IU (19.61%), Zinc: 2.29mg (15.27%), Vitamin B1: 0.22mg (14.4%), Potassium: 430.38mg (12.3%), Vitamin B2: 0.21mg (12.27%), Calcium: 96.35mg (9.63%), Vitamin B3: 1.62mg (8.1%), Folate: 32.29µg (8.07%), Vitamin E: 1.21mg (8.05%),

Vitamin B5: 0.67mg (6.72%), Vitamin D: 0.9µg (5.97%), Vitamin K: 5.77µg (5.5%), Vitamin B6: 0.1mg (5.22%),  
Vitamin B12: 0.25µg (4.15%)