

Foodnity Recipes

Dubai Chocolate Dessert in a Glass

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Middle Eastern** Cuisine

Ingredients

Mousse Base

- [ ] 200 g dark chocolate (70% cacao), chopped
- [ ] 1 cup heavy cream
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp ground cardamom
- [ ] 2 tbsp powdered sugar

Assembly & Topping

- [ ] ¼ cup caramel sauce
- [ ] Pinch of flaky sea salt
- [ ] Toasted pistachios, chopped (optional)
- [ ] Fresh berries for garnish

Instructions

1. Place the chopped dark chocolate in a heat-proof bowl over simmering water; stir gently until smooth, then set aside to cool slightly.
2. In a separate bowl, whip the heavy cream with powdered sugar, vanilla, and cardamom until soft peaks form; be careful not to over-whip.
3. Fold the melted chocolate into the whipped cream in two additions, using a spatula, until fully incorporated and airy.
4. Divide a thin layer of caramel sauce into the bottom of each glass, then spoon the chocolate mousse on top, smoothing the surface.
5. Drizzle a little extra caramel, sprinkle sea salt, and add pistachios if using; chill for at least 1 hour before serving.

Nutrition per serving

380 kcal	5 g	30 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the chocolate isn’t too hot when folding; it can melt the whipped cream.
- If the mousse feels too thick, whisk in a tablespoon of chilled milk.
- For extra shine, warm the final caramel drizzle briefly before topping.