



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

SPUMONI STACK

Dark Chocolate Mousse

2 oz. bitter sweet chocolate, coarsely chopped and melted
1 cup cold fat free half and half, whipped to stiff peaks
1 large egg whites
2 tsp. sugar

Cherry Glaze

1 12-oz. can tart bing cherries
1 tsp sugar
2 Tbsp. cornstarch
3 Tbsp. water

Pistachio Crust

1 cup sugar
1/4 cup water
1/4 cup pistachios., finely ground

Directions:

Dark Chocolate Mousse

Beat egg whites to soft peaks. Gradually add sugar and continue beating until stiff peaks form. Gently fold whipped half and half into room temperature melted chocolate. Finally fold in egg white and refrigerate.

Cherry Glaze

Drain the cherry juice, heat to low boil. Combine cornstarch and water and add to juice to thicken. Dice up half of the cherries and add to glaze. Allow to cool.

Pistachio Crust

Dissolve sugar in water and allow to caramelize slightly. Draw sugar over oiled inverted cupcake pan. cool to room temperature.

Layer desserts in cool clear glasses. Place sugar nest on top. Garnish with pistachio. Serve chilled.

Yield: 6 servings

Pastry Chef Betsy Forston, Chef Ritz Charles, 12156 N. Meridian St. Carmel 5752252

Nutrition Information: 220 Calories, 7 gm fat, 2 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 40 gm carbohydrate, 2 gm fiber, 4 gm protein, 70 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**