Mmmmh!

Chocolate Moelleux

Ingredients

Fondant :
- 190 g 70% dark chocolate
- 195 g butter
- 180 g whole eggs
- 150 g caster sugar
- 105 g flour

Custard :
- 1 l milk
- 7 egg yolks
- 1 vanilla pod
- 100 g sugar

Persons: 10

Cooking time: 30 min.

Preparation time: 40 min.

Specific equipment

- 12 circles 5 cm in diameter and 4.5 cm high
- Greaseproof paper
- Food processor
- Medium saucepan
- Thermometer
- Scissors
- Scales

Instructions

Fondant :

- Preheat the oven to 190°C.

- Melt the chocolate and butter at 45°C. At the same time, beat the whole eggs with the sugar (be careful not to overbeat).

- Fold the chocolate and butter at 45°C into the frothy eggs at medium speed, followed by the sifted flour.

- Line the circles with baking paper.

- Spoon out 40 g of pastry, place a piece of chocolate on top and add another 20 g of pastry.

- Bake at 190°C for 20 min.

Crème anglaise :

- Heat the milk with the vanilla pod, split in half, until it boils.

- Mix the eggs and sugar to form a ribbon.

- Dissolve one to 2 tablespoons of boiling milk in the ribbon and stir. Add the rest of the milk and stir into the ribbon.

- Transfer the mixture to the pan and heat over a very low heat, stirring constantly (this can also be done in a bain-marie) until the mixture thickens.

- Remove and serve hot or cold.