

Decadent Chocolate Custards



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Desserts, Vegetarian

These chocolate custard cups should really be called little pots of heaven given how decadent they are. Given how popular desserts can be, sometimes it's great to make a recipe that incorporates the serving sizes into the recipe.



Ingredients

CUSTARD

- 300ml pure cream
- 300ml milk
- 6 egg yolks
- 2 tbsp cornflour (see tip)
- 1 tsp vanilla bean paste

- 75g (1/3 cup) caster sugar

CHOCOLATE TOP

- 50g 70% cocoa dark chocolate, chopped
- 1 tbsp brandy
- Chocolate curls, to garnish
- Almond wafer biscuits or biscotti, to serve

Method

1. Combine cream and milk in a medium saucepan over medium heat and bring to just a simmer.
2. Meanwhile, whisk yolks, cornflour, vanilla and sugar together in a large heatproof bowl. Gradually whisk in the hot cream mixture until smooth.
3. Return mixture to cleaned saucepan and place over low heat. Cook, stirring constantly, until custard thickens and thickly coats the back of a spoon.
4. Remove custard from heat. Divide custard evenly between 2 heatproof bowls. Add chopped chocolate to one bowl and stir until well combined and smooth. Add brandy to second bowl and stir until well combined. Cover surface of both bowls with plastic wrap (to prevent a skin from forming). Set aside to cool, then refrigerate until chilled.
5. Divide chocolate custard evenly between 4 serving glasses, then top with a layer of the brandy custard. Garnish with chocolate curls and serve with biscotti.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
220g	2600kJ 621kcal	9.3g	43.1g	25.2g	46.2g	38.3g	70mg	0.6g	3.6µg

All nutrition values are per serve.