



Boozy chocolate bombs

READY IN



75 min.

SERVINGS



6

CALORIES



680 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 ml irish cream liqueur (we used Baileys)
- ☐ 200 g chocolate white (use cheaper chocolate, it will melt better)
- ☐ 6 servings artificial holly
- ☐ 100 g butter for greasing
- ☐ 50 g chocolate dark
- ☐ 2 tsp hot-brewed coffee mixed with 1 tbsp boiling water instant
- ☐ 1 tsp vanilla extract
- ☐ 100 g flour plain
- ☐ 1 tbsp cocoa

- ☐ 0.3 tsp bicarbonate of soda
- ☐ 140 g brown sugar light soft
- ☐ 2 large eggs
- ☐ 85 g natural yogurt
- ☐ 1 large eggs separated
- ☐ 50 g caster sugar
- ☐ 75 ml double cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ spatula
- ☐ skewers
- ☐ serrated knife

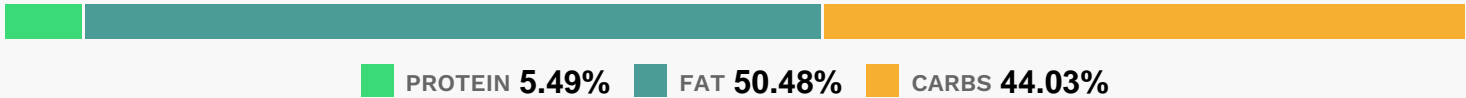
Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter 6 x 150ml ovenproof pudding moulds and put a disc of baking parchment in the base of each.
- ☐ To make the sponge, put the butter, chocolate and coffee in a bowl over a pan of simmering water. Gently heat until melted, add the vanilla and stir to combine. Set aside to cool a little. Sift the flour, cocoa and bicarb into another bowl, then scatter in the sugar, breaking up any clumps of sugar with your fingers.
- ☐ Mix the eggs and yogurt in a jug.
- ☐ Add the chocolate mixture and the egg mixture to the flour, and stir everything with a spatula until there are no visible lumps of flour. Divide the mixture between the 6 moulds, put on a

baking tray and cook in the centre of the oven for 30 mins or until a skewer pushed into the cakes comes out clean. Leave to cool for 10 mins, then turn out onto a wire rack and cool completely. Can be made up to 5 days ahead, wrapped well in cling film and stored in a sealed container; or freeze for up to 6 weeks.

- ☐ While the cakes cool, make the chocolate mousse. Melt the chocolate in a small bowl over a pan of simmering water. Leave to cool for 5 mins, then stir in the egg yolk.
- ☐ Whisk the egg white in another bowl until stiff, add the sugar and continue to whisk until glossy and thick.
- ☐ Pour the cream into a third bowl and lightly whisk until thick. Tip the cream into the chocolate and stir to combine.
- ☐ Add the beaten egg white and, using a metal spoon, fold together until there are no streaks of egg white remaining. Chill until needed.
- ☐ Line each pudding mould with cling film.
- ☐ Remove the tops of the cakes with a small serrated knife to create a flat surface. Carefully split the cakes into 2 or 3 layers through their middles. Reassemble the cakes in the pudding moulds, soaking each layer of sponge with the liqueur and layering with chocolate mousse. Cover the cakes with any overhanging cling film and press down gently. Chill the cakes for at least 3 hrs or for up to 2 days before serving.
- ☐ Melt the white chocolate in a small bowl over a pan of barely simmering water. Turn each cake out and unwrap.
- ☐ Drizzle the top of each with a little white chocolate, letting it drizzle down the sides. Decorate using a small sprig of real or artificial holly. Leave the white chocolate to set for 20 mins before serving.

Nutrition Facts



Properties

Glycemic Index:51.18, Glycemic Load:29.59, Inflammation Score:-5, Nutrition Score:10.498260948969%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 680.05kcal (34%), Fat: 37.62g (57.88%), Saturated Fat: 22.48g (140.47%), Carbohydrates: 73.82g (24.61%), Net Carbohydrates: 72.06g (26.2%), Sugar: 57.35g (63.72%), Cholesterol: 152.14mg (50.71%), Sodium: 244.11mg (10.61%), Alcohol: 2.83g (100%), Alcohol %: 2.01% (100%), Caffeine: 19.2mg (6.4%), Protein: 9.21g (18.43%), Selenium: 16.75µg (23.93%), Vitamin B2: 0.35mg (20.71%), Phosphorus: 185.24mg (18.52%), Manganese: 0.35mg (17.29%), Vitamin A: 763.62IU (15.27%), Iron: 2.62mg (14.54%), Calcium: 139.62mg (13.96%), Copper: 0.26mg (12.96%), Folate: 47.1µg (11.77%), Vitamin B1: 0.17mg (11.54%), Magnesium: 40.47mg (10.12%), Vitamin B12: 0.53µg (8.89%), Potassium: 304.35mg (8.7%), Vitamin B5: 0.83mg (8.33%), Zinc: 1.16mg (7.75%), Vitamin E: 1.15mg (7.69%), Vitamin B3: 1.51mg (7.56%), Fiber: 1.76g (7.03%), Vitamin K: 5.39µg (5.14%), Vitamin D: 0.72µg (4.77%), Vitamin B6: 0.09mg (4.61%)