



Caramel-Dipped Popovers with Chocolate Mousse

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces bittersweet chocolate 70% cooled melted (at least cacao)
- 0.3 teaspoon pepper black freshly ground
- 3 large egg yolks
- 2 large eggs
- 0.8 cup flour all-purpose
- 0.5 cup heavy cream
- 1 teaspoon kosher salt
- 1 cup sugar

- 10 servings butter unsalted (for pans)
- 0.5 cup cheddar white grated
- 0.5 cup milk whole

Equipment

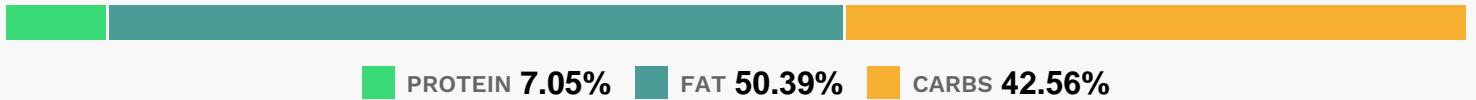
- bowl
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- spatula
- muffin tray
- pastry bag

Directions

- Place chocolate and salt in a large bowl; set aside. Cook egg yolks, sugar, and 1/2 cup cream in a medium saucepan over medium heat, whisking constantly, until thick enough to coat a spoon, about 4 minutes.
- Pour over chocolate mixture and whisk until chocolate is melted and mixture is smooth.
- Let cool.
- Using a whisk, beat remaining 1/2 cup cream in a bowl until soft peaks form. Fold into cooled chocolate mixture; cover and chill until cold, at least 2 hours.
- DO AHEAD: Mousse can be made 2 days ahead. Keep chilled.
- Preheat oven to 425°F. Lightly butter 10 cups of a standard 12-cup muffin tin or two 6-cup popover pans.
- Whisk eggs in a medium bowl to blend. Bring cream, milk, salt, and pepper to a simmer in a medium saucepan; whisking constantly, gradually add to eggs.
- Whisk in flour, then cheese (no lumps should remain).

- Divide batter among prepared muffincups, fill remaining cups halfway with water,and bake 15 minutes. Reduce heat to 350°Fand bake until popovers are puffed, goldenbrown, and crusty, 20–25 minutes longer.Turn out onto a wire rack and let cool.
- Just before serving, line a baking sheetwith parchment paper and lightly coat withnonstick spray. Fill a large bowl with ice water.Bring sugar and 3 tablespoons water to a boil in a small saucepan over medium–high heat,stirring to dissolve sugar. Boil, brushing downsides with a damp brush and swirling panoccasionally, until mixture turns deep amber.Set the bottom of saucepan in ice water tostop the cooking and firm caramel slightly(this will make it easier to work with whendipping popovers).
- Working quickly and with 1 popover ata time, dip bottoms into caramel and set,caramel side down, on prepared bakingsheet; let cool. (If caramel becomes toohard while dipping, reheat over medium–lowheat to a workable consistency.)
- Once caramel has set, mix moussewith a rubber spatula to loosen.
- Transferto a pastry bag fitted with a 1/4" pastry tip.Working 1 at a time, poke holes in tops ofpopovers with pastry tip and fill popoverswith mousse.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:19.4, Inflammation Score:-4, Nutrition Score:7.5417391774447%

Nutrients (% of daily need)

Calories: 347.14kcal (17.36%), Fat: 19.64g (30.21%), Saturated Fat: 11.18g (69.87%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 35.7g (12.98%), Sugar: 27.25g (30.28%), Cholesterol: 124.61mg (41.54%), Sodium: 296.64mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 6.18g (12.37%), Selenium: 12.89µg (18.42%), Manganese: 0.3mg (15.2%), Phosphorus: 140.42mg (14.04%), Copper: 0.24mg (12.16%), Vitamin B2: 0.2mg (11.59%), Iron: 1.86mg (10.35%), Vitamin A: 512.58IU (10.25%), Magnesium: 37.47mg (9.37%), Calcium: 88.7mg (8.87%), Folate: 31.12µg (7.78%), Zinc: 1.06mg (7.04%), Vitamin B1: 0.1mg (6.88%), Fiber: 1.63g (6.51%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.91µg (6.06%), Vitamin B5: 0.5mg (5.03%), Potassium: 162.1mg (4.63%), Vitamin E: 0.62mg (4.11%), Vitamin B3: 0.73mg (3.65%), Vitamin B6: 0.06mg (3.03%), Vitamin K: 2.3µg (2.19%)