



Chocoholic's Christmas pudding

READY IN



50 min.

SERVINGS



8

CALORIES



909 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 100 g caster sugar
- ☐ 100 g self-raising flour
- ☐ 50 g cocoa for dusting sifted
- ☐ 85 g butter melted for greasing
- ☐ 50 ml strong coffee decoction
- ☐ 2 tbsp rum with the coffee
- ☐ 3 eggs separated
- ☐ 50 g caster sugar

- ☐ 175 g chocolate dark 70% (cocoa solids)
- ☐ 200 ml double cream
- ☐ 142 ml double cream
- ☐ 100 g chocolate dark 70% (cocoa solids)
- ☐ 50 g butter
- ☐ 1 tbsp golden syrup
- ☐ 1 tbsp rum
- ☐ 1 tbsp espresso grounds
- ☐ 8 servings chocolate-covered cocoa beans
- ☐ 8 servings chocolate curls dark white

Equipment

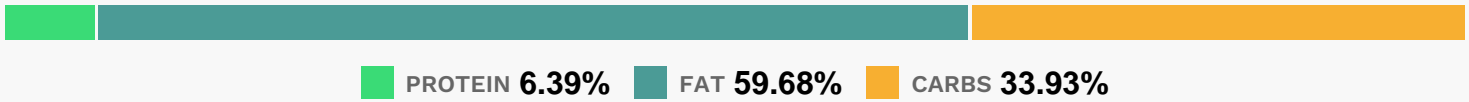
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Butter a 22 x 31cm or similar Swiss roll tin, then line with buttered baking paper. Tip in 1 tbsp cocoa, turn the tin until its evenly coated, then tap out any excess.
- ☐ For the sponge, beat the eggs and sugar with electric beaters for 7 mins, or until thick enough to hold a trail. Fold in flour and cocoa, then swirl in butter and fold through. Tip into the tin, bake for 10 mins until just firm, then cool under a clean tea towel.
- ☐ For the mousse, beat the egg yolks with the sugar until thick and pale. Melt the chocolate and loosely whip the cream until it just holds its shape. Quickly beat half the cream and all of the chocolate into the egg mix, then gently fold in the rest of the cream.
- ☐ Whisk the egg whites until softly peaked, then fold in.

- ☐ Grease a 1.4 litre/2 pint basin with a little oil. Line with cling film, letting it overhang. To build the pudding, cut a circle of sponge to fit the bottom of the basin and put it in.
- ☐ Cut seven sloping rectangles about 10cm long from the sponge and fit them tightly together around the bowl.
- ☐ Sprinkle with most of the coffee and Tia Maria mix. Fill the bowl halfway with the mousse then, using whats left of the sponge, top the mousse with a snug-fitting circle of cake.
- ☐ Sprinkle with remaining coffee mix. Spoon in the rest of the mousse, then cover with the overhanging cling film. Chill for at least 4 hrs until firm (ideally overnight), then turn onto a plate.
- ☐ For the topping, heat all the ingredients gently in a bowl over a pan of simmering water until the chocolate melts. Leave to cool, stirring occasionally, until thick and glossy.
- ☐ Spread all over the turned-out pudding, then top with the chocolate-coated cocoa beans and chocolate curls.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:23.52, Inflammation Score:-8, Nutrition Score:20.385652264823%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 12.28mg, Epicatechin: 12.28mg, Epicatechin: 12.28mg, Epicatechin: 12.28mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 908.98kcal (45.45%), Fat: 60.99g (93.83%), Saturated Fat: 34.92g (218.27%), Carbohydrates: 78.04g (26.01%), Net Carbohydrates: 68.68g (24.97%), Sugar: 50.92g (56.57%), Cholesterol: 234.54mg (78.18%), Sodium: 194.96mg (8.48%), Alcohol: 1.22g (100%), Alcohol %: 0.68% (100%), Caffeine: 381.04mg (127.01%), Protein: 14.69g (29.38%), Manganese: 1.25mg (62.27%), Copper: 1.13mg (56.33%), Magnesium: 164.16mg (41.04%), Iron: 6.89mg (38.25%), Fiber: 9.36g (37.45%), Phosphorus: 325.08mg (32.51%), Selenium: 22.75µg (32.5%), Vitamin A: 1275.74IU (25.51%), Vitamin B2: 0.43mg (25.31%), Zinc: 2.82mg (18.82%), Potassium: 594.99mg (17%), Calcium: 131.27mg (13.13%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 1mg (9.98%), Vitamin D: 1.46µg (9.72%), Vitamin B12: 0.54µg (9.03%), Vitamin K: 7.83µg (7.46%), Folate: 27.85µg (6.96%), Vitamin B6: 0.12mg (6.1%), Vitamin B3: 0.96mg (4.82%), Vitamin B1: 0.06mg (4.01%)