



Chocolate Custard Corn Pone

READY IN



70 min.

SERVINGS



8

CALORIES



504 kcal

BREAD

Ingredients

- 1 teaspoon ancho chile powder pure
- 1 teaspoon double-acting baking powder
- 0.5 cup buttermilk
- 6 egg yolks
- 2 eggs
- 0.5 cup flour
- 1 cup heavy cream
- 2 cups milk
- 0.3 teaspoon salt

- 3 ounces bittersweet chocolate coarsely chopped
- 4 ounces bittersweet chocolate coarsely chopped
- 0.3 cup sugar
- 0.5 cup sugar
- 1 tablespoon butter unsalted
- 0.5 cup cornmeal white

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- sieve
- double boiler
- baking pan
- roasting pan
- cake form

Directions

- Set a rack in the middle of the oven and preheat to 375 degrees F. Lightly grease a 9-inch round cake pan. Line it with a disk of parchment paper or buttered waxed paper. Melt the chocolate and butter in the top of a double boiler over barely simmering water or in a small bowl set over a saucepan of just-simmering water.
- Remove from the heat.
- Put the flour, cornmeal, sugar, chile powder, baking powder, and salt in a large bowl and stir together with a whisk. Stir in the eggs and buttermilk, then stir in the chocolate mixture.
- Spread the batter evenly in the prepared pan.

- Bake for 20 minutes, or until set and a tester comes out clean. Cool in the pan on a wire rack. Break the corn bread into 1-inch chunks.
- Spread in a shallow 2-quart baking dish.
- Preheat the oven to 300 degrees F. Melt the chocolate in the top of a double boiler over barely simmering water or in a small bowl set over a saucepan of just-simmering water.
- Remove form heat. In a medium heavy-bottomed saucepan, combine the milk, cream, and 1 tablespoon of the sugar and bring to a scald. Meanwhile, put the remaining sugar and the egg yolks in a large bowl and whisk just to blend. While gently whisking the yolks, drizzle in the hot cream mixture so the yolks are gradually warmed up.
- Whisk in the melted chocolate.
- Using a fine sieve, strain the custard over the corn bread chunks. Wiggle the chunks around so they are well soaked.
- Place the baking dish in a roasting pan and add enough hot water to come halfway up the sides of the dish.
- Bake for 40 minutes or until the custard is set.

Nutrition Facts



PROTEIN 8.13% **FAT 52.08%** **CARBS 39.79%**

Properties

Glycemic Index:47.02, Glycemic Load:18.84, Inflammation Score:-6, Nutrition Score:13.780869472286%

Nutrients (% of daily need)

Calories: 503.57kcal (25.18%), Fat: 29.41g (45.24%), Saturated Fat: 16.36g (102.27%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 47.24g (17.18%), Sugar: 32.65g (36.28%), Cholesterol: 234.56mg (78.19%), Sodium: 202.25mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.33mg (7.11%), Protein: 10.33g (20.65%), Phosphorus: 278.93mg (27.89%), Selenium: 18.46µg (26.37%), Manganese: 0.47mg (23.27%), Vitamin B2: 0.36mg (21.08%), Vitamin A: 945.23IU (18.9%), Copper: 0.37mg (18.64%), Calcium: 183.99mg (18.4%), Magnesium: 71.24mg (17.81%), Iron: 3.01mg (16.73%), Vitamin D: 2.32µg (15.45%), Vitamin B12: 0.85µg (14.25%), Fiber: 3.32g (13.27%), Vitamin B5: 1.29mg (12.93%), Zinc: 1.88mg (12.53%), Vitamin B1: 0.18mg (11.74%), Folate: 44.42µg (11.1%), Potassium: 368.72mg (10.53%), Vitamin B6: 0.19mg (9.7%), Vitamin E: 1.1mg (7.35%), Vitamin B3: 1.09mg (5.43%), Vitamin K: 3.54µg (3.37%)