



Chocolate Espresso Pots de Crème



Gluten Free



Popular

READY IN



300 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 6 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 8 servings garnish: bittersweet chocolate curls (see cooks' note, below)
- ☐ 6 large egg yolks
- ☐ 1.3 cups heavy cream
- ☐ 1.5 teaspoons espresso powder
- ☐ 2 tablespoons sugar
- ☐ 0.7 cup milk whole

Equipment




- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 300°F.
- ☐ Put chocolate in a heatproof bowl. Bring cream, milk, espresso powder (to taste), and a pinch of salt just to a boil in a small heavy saucepan, stirring until espresso powder is dissolved, then pour over chocolate, whisking until chocolate is melted and mixture is smooth.
- ☐ Whisk together yolks, sugar, and a pinch of salt in another bowl, then add warm chocolate mixture in a slow stream, whisking constantly.
- ☐ Pour custard through a fine-mesh sieve into a 1-quart glass measure and cool completely, stirring occasionally, about 15 minutes.
- ☐ Line bottom of a baking pan (large enough to hold ramekins) with a folded kitchen towel and arrange ramekins on towel. Poke several holes in a large sheet of foil with a skewer. Divide custard among ramekins, then bake custards in a hot water bath, pan covered tightly with foil, until custards are set around edges but still slightly wobbly in centers, 30 to 35 minutes.
- ☐ Transfer ramekins to a rack to cool completely, uncovered, about 1 hour. (Custards will set as they cool.) Chill, covered, until cold, at least 3 hours.
- ☐ *Available at some supermarkets, specialty foods shops, and The
- ☐ Baker's Catalogue (800-827-6836).
- ☐ ·Pots de crème can chill up to 2 days. ·

Nutrition Facts



 PROTEIN **6.27%**  FAT **72.86%**  CARBS **20.87%**

Properties

Glycemic Index:13.51, Glycemic Load:2.46, Inflammation Score:-5, Nutrition Score:7.993043517289%

Nutrients (% of daily need)

Calories: 329.23kcal (16.46%), Fat: 26.89g (41.37%), Saturated Fat: 15.62g (97.65%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.55g (5.66%), Sugar: 13.37g (14.86%), Cholesterol: 186.3mg (62.1%), Sodium: 26.88mg (1.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.03mg (8.34%), Protein: 5.21g (10.41%), Vitamin A: 811.03IU (16.22%), Manganese: 0.31mg (15.33%), Selenium: 10.63µg (15.18%), Phosphorus: 151.72mg (15.17%), Copper: 0.29mg (14.63%), Magnesium: 45.65mg (11.41%), Vitamin B2: 0.18mg (10.68%), Vitamin D: 1.55µg (10.31%), Iron: 1.8mg (10.02%), Calcium: 81.73mg (8.17%), Vitamin B12: 0.46µg (7.7%), Fiber: 1.78g (7.12%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.63mg (6.25%), Potassium: 215mg (6.14%), Vitamin E: 0.84mg (5.57%), Folate: 20.2µg (5.05%), Vitamin B6: 0.08mg (3.93%), Vitamin B1: 0.05mg (3.26%), Vitamin K: 3.03µg (2.88%), Vitamin B3: 0.29mg (1.45%)