



Chocolate Pots de Crème

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1675 kcal

DESSERT

Ingredients

- 7.5 ounces bittersweet chocolate roughly chopped
- 2 servings chocolate grated for garnish
- 3 egg yolk
- 1.5 cups cup heavy whipping cream
- 0.5 teaspoon kosher salt
- 1.5 cups milk whole
- 3 ounces sugar generous
- 2 servings whipped cream for garnish

- 2 large eggs whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- sieve
- ramekin
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup
- immersion blender

Directions

- Preheat the oven to 350°F.
- Put the chocolate and salt in a medium heatproof bowl. Set aside.
- In a medium saucepan, combine the milk, cream, and sugar. Bring to a low boil, stirring to dissolve the sugar.
- Pour the hot mixture in three additions over the chocolate, stirring between each addition to combine.
- Let the chocolate mixture cool to room temperature, approximately 30 minutes; an instant-read thermometer should register 70°F to 75°F.
- Bring a large kettle of water to a boil.
- In a separate bowl, whisk together the eggs and egg yolks. Use a whisk or immersion blender to combine them with the cooled chocolate mixture to make a custard.

- Pour the custard mixture through a fine-mesh strainer into a clean 4-cup bowl with a spout, such as a large measuring cup.
- Divide eighteen 2-ounce jars or nine 4-ounce ramekins between two 9-by-13-inch roasting pans.
- Pour the custard mixture into the jars to the base of the neck or divide between the ramekins. Carefully pour hot water into the pans to reach one-third of the way up the sides of the custards. Cover each pan tightly with foil.
- Place each pan on an oven rack and bake for 20 minutes, then carefully open each cover (away from your face) to release some steam. Re-cover the pans and bake for another 10 minutes. Release the steam and then recover and bake until the custards are firm, about 20 minutes longer. (The whole process should take about 35 to 40 minutes total for both sizes.)
- Carefully transfer the pans to a wire rack and uncover. Leave the custards in the hot water to cool for 15 or 20 minutes, then wipe each cup clean. Cover each serving with jar lids or plastic and refrigerate the pots de crème until they are thoroughly cold, about 2 to 3 hours.
- Serve garnished with a dollop of whipped cream and a grating of chocolate. These will keep in the refrigerator, covered, for up to 3 days.

Nutrition Facts

PROTEIN 6.71% **FAT 66.28%** **CARBS 27.01%**

Properties

Glycemic Index:102.85, Glycemic Load:33.58, Inflammation Score:-9, Nutrition Score:39.102608504503%

Nutrients (% of daily need)

Calories: 1674.89kcal (83.74%), Fat: 124.74g (191.91%), Saturated Fat: 73.05g (456.59%), Carbohydrates: 114.38g (38.13%), Net Carbohydrates: 105.82g (38.48%), Sugar: 96.81g (107.57%), Cholesterol: 712.2mg (237.4%), Sodium: 794.76mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 92.09mg (30.7%), Protein: 28.4g (56.8%), Phosphorus: 775.88mg (77.59%), Vitamin A: 3674.01IU (73.48%), Manganese: 1.45mg (72.74%), Copper: 1.41mg (70.74%), Selenium: 48.6µg (69.43%), Vitamin B2: 1.03mg (60.33%), Magnesium: 230.72mg (57.68%), Vitamin D: 7.35µg (49.01%), Calcium: 478.73mg (47.87%), Iron: 8.57mg (47.59%), Vitamin B12: 2.45µg (40.9%), Zinc: 5.3mg (35.37%), Fiber: 8.56g (34.24%), Potassium: 1157.98mg (33.09%), Vitamin B5: 3.05mg (30.5%), Vitamin E: 3.62mg (24.16%), Vitamin B6: 0.39mg (19.63%), Folate: 70.27µg (17.57%), Vitamin B1: 0.24mg (16.14%), Vitamin K: 14.43µg (13.74%), Vitamin B3: 1.25mg (6.26%), Vitamin C: 1.07mg (1.3%)