



Chocolate Silk Pie

READY IN



140 min.

SERVINGS



10

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 10 servings milk chocolate shavings for garnish
- ☐ 1 tablespoon confectioners' sugar
- ☐ 4 large eggs
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 9-inch baked pie crust
- ☐ 0.8 cup sugar
- ☐ 10 tablespoons butter unsalted softened ()
- ☐ 1.5 teaspoons vanilla extract

- ☐ 2 tablespoons water
- ☐ 3 ounces a mix of both cooled melted

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ stand mixer

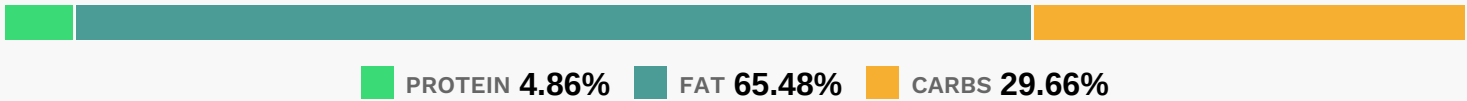
Directions

- ☐ Fill a medium pot with 1 inch water over medium heat.
- ☐ Whisk the eggs with 1/2 cup of the sugar and the water or coffee in a large heatproof bowl that will fit over the pot without touching the water.
- ☐ Place the bowl over the simmering water and continue whisking constantly until the eggs become thick and fluffy, and a drizzle of the mixture will hold its shape and sit on top of the custard, about 5 minutes.
- ☐ Remove from the heat and set aside to cool, whisking occasionally so the eggs do not scramble.
- ☐ Combine the butter, salt and remaining 1/4 cup sugar in a large bowl and beat in a stand mixer or with hand beaters on medium-high speed until fluffy.
- ☐ Pour in the chocolate and 1 1/4 teaspoons of the vanilla and continue to beat, scraping down the sides of the bowl as needed, until combined.
- ☐ Add the custard and continue to beat until the filling is thick, fluffy and smooth, about 5 minutes.
- ☐ Spread into the pie crust and cover with plastic wrap. Chill until cold and set, 2 to 3 hours. Before serving, whip the cream with the confectioners' sugar and remaining 1/4 teaspoon vanilla until it forms soft peaks.
- ☐ Spread over the pie filling and garnish with chocolate shavings.
- ☐ Cook's Notes: Try substituting your favorite liqueur in place of the water or coffee. Kahlua, Chambord or Grand Marnier are all great choices.

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Use a large bowl for cooking the custard. It will keep your hand further from the heat, and your eggs will cook faster.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:10.47, Inflammation Score:-5, Nutrition Score:6.2265217686477%

Nutrients (% of daily need)

Calories: 418.95kcal (20.95%), Fat: 30.75g (47.31%), Saturated Fat: 17.02g (106.36%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 30.09g (10.94%), Sugar: 20.09g (22.33%), Cholesterol: 131.96mg (43.99%), Sodium: 177.53mg (7.72%), Alcohol: 0.21g (100%), Alcohol %: 0.24% (100%), Caffeine: 9.36mg (3.12%), Protein: 5.13g (10.27%), Vitamin A: 812.67IU (16.25%), Selenium: 9.03µg (12.9%), Manganese: 0.22mg (11.18%), Vitamin B2: 0.19mg (10.9%), Phosphorus: 96mg (9.6%), Iron: 1.51mg (8.37%), Copper: 0.15mg (7.73%), Vitamin D: 0.99µg (6.61%), Folate: 24.83µg (6.21%), Magnesium: 24.24mg (6.06%), Vitamin E: 0.9mg (6.01%), Fiber: 1.26g (5.04%), Vitamin B5: 0.5mg (5%), Vitamin B1: 0.07mg (4.8%), Zinc: 0.67mg (4.48%), Vitamin B12: 0.26µg (4.28%), Calcium: 40.28mg (4.03%), Vitamin K: 3.95µg (3.76%), Potassium: 129.53mg (3.7%), Vitamin B3: 0.66mg (3.32%), Vitamin B6: 0.06mg (2.81%)