



Gordon's chocolate velvet

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 150 g chocolate dark 60% (at least cocoa solids)
- ☐ 2 egg yolk organic free range
- ☐ 50 g sugar
- ☐ 142 ml double cream
- ☐ 3 tbsp milk
- ☐ 40 g chocolate white (broken up)
- ☐ 4 whipped cream
- ☐ 1 mangos

- ☐ 6 servings almonds toasted for scattering

Equipment

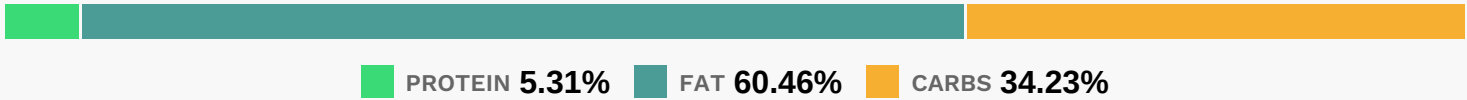
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ For the dark chocolate mousse, break the chocolate into a large heatproof bowl set over a pan of gently simmering water and heat until just melted.
- ☐ Remove and cool to room temperature.
- ☐ Meanwhile, put the egg yolks, sugar and 3 tbsp cold water in a large bowl (the water slackens the mixture and stops it from going too thick). Using a hand-held electric whisk, beat to a thick, pale yellow foam that holds a trail when the beaters are lifted up, about 2–3 minutes. This is called a sabayon.
- ☐ Now whip the cream and milk together in another bowl, using a large balloon whisk if possible (so you are less likely to overwhip). Beat until the mixture starts to become foamy and holds a soft shape dont overbeat.
- ☐ When the melted chocolate is the same temperature as the sabayon and whipped cream, pour the sabayon gently into the cooled chocolate and, using a plastic spatula, fold the two together until completely mixed in. Tip the whipped cream gently into the chocolate sabayon mixture, and using a large metal spoon, gently fold together using a figure-of-eight action. Dont worry if you have a few white flecks, thats better than overmixing. Chill while you do the base.
- ☐ Break up the wafers in a bowl and, using the top of a rolling pin, crush roughly (not too fine).
- ☐ Melt the white chocolate as before, then mix into the crushed wafers.
- ☐ Peel the mango using a sharp knife.
- ☐ Cut off 18 thin slices.

☐ Divide half the white chocolate base mixture between six small glasses. Stick three mango slices down the side of each glass. then pipe the mousse using a piping bag fitted with a wide plain nozzle, about 2cm (or use a spoon) to fill a third of the glass. Spoon in another layer of white chocolate base mix and repeat with the last of the mousse. Scatter a few flaked almonds on top. Chill for an hour or two, until set.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:13.21, Inflammation Score:-6, Nutrition Score:10.146521734155%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 350.15kcal (17.51%), Fat: 23.95g (36.85%), Saturated Fat: 13.72g (85.74%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 27.09g (9.85%), Sugar: 24.25g (26.94%), Cholesterol: 95.05mg (31.68%), Sodium: 24.13mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20mg (6.67%), Protein: 4.73g (9.47%), Manganese: 0.54mg (26.82%), Copper: 0.5mg (25.11%), Iron: 3.28mg (18.2%), Vitamin A: 836.5IU (16.73%), Magnesium: 66.91mg (16.73%), Vitamin C: 12.74mg (15.44%), Phosphorus: 143.86mg (14.39%), Fiber: 3.42g (13.68%), Selenium: 6.53µg (9.32%), Vitamin B2: 0.15mg (8.99%), Potassium: 305.01mg (8.71%), Zinc: 1.17mg (7.8%), Vitamin E: 1.16mg (7.72%), Calcium: 71.62mg (7.16%), Folate: 25.49µg (6.37%), Vitamin D: 0.79µg (5.26%), Vitamin B12: 0.31µg (5.09%), Vitamin B5: 0.49mg (4.9%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 4.71µg (4.48%), Vitamin B3: 0.61mg (3.03%), Vitamin B1: 0.04mg (2.95%)