

SWEET

QUARTETS FROM

A FOUR-STAR

DASTRY CHEF

DESSERT FOURPLAY

OHNNY IUZZINI and nov rinamore

Johnny luzzini's Chocolate Soup



Ingredients

- 150 g bittersweet chocolate 72% finely chopped (preferably Valrhona Araguani cacao)
- 7 g cocoa puffs
- 0.5 cup devon cream (available at gourmet markets and specialty stores)
- 7 g coarsely ground in a spice grinder crushed
- 0.7 cup heavy cream
- 0.5 cup milk
 - 250 g chocolate 40% chopped (preferably Valrhona Jivara cacao)

Equipment

bowl
baking sheet
sauce pan
whisk
double boiler
microwave
measuring cup
immersion blender

Directions

Melt the chocolate in a glass bowl in the microwave in 30-second bursts, stirring between each burst, or melt in a double boiler.

Roll the Cocoa Puffs in the chocolate, coating them completely. Lift them out with a fork, letting the excess chocolate drip off, and place on a parchment-lined baking sheet to set. Store in a cool place.

Put 1 cup of the milk in a small saucepan with the juniper berries. Bring to a boil, then turn off the heat and let the juniper infuse for 25 minutes. Have the chopped chocolate ready in a heatproof bowl, and, remember, the finer you've chopped the chocolate, the better.

Bring the milk back to a boil, then strain into a measuring cup.

Add some of the remaining 3 cups milk, if needed, to make 1 cup.

Pour the hot milk over the chocolate, let it sit for a moment, then whisk to melt the chocolate and make an emulsion.

Pour in the rest of the cold milk, and froth the soup with an immersion blender.

Transfer to a pitcher and refrigerate until you're ready to serve.

Whisk the heavy cream and Devon cream together in a bowl until thick.

Whisk in the milk, then froth with an immersion blender (add additional milk if you need to).

Transfer to a pitcher and refrigerate until you're ready to serve.

Thin the chocolate soup with some cold milk if it's too thick to sip, and froth it again with an immersion blender.

Divide the soup among sixteen small glasses (for tasting portions) or among eight coffee cups. Drop in a few of the Cocoa Puffs, then spoon on a layer of the Devon foam. Top with a

few more Cocoa Puffs.

Taste

Book, using the USDA Nutrition Database

This is his first book.Roy Finamore, a publishing veteran of more than thirty years, has worked with many bestselling cookbook authors. He is the author of three books: One Potato, Two Potato; Tasty, which won a James Beard Foundation award; and Fish Without a Doubt.

Nutrition Facts

PROTEIN 3.75% 📕 FAT 66.14% 📒 CARBS 30.11%

Properties

Glycemic Index:11.95, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:7.8930434610533%

Nutrients (% of daily need)

Calories: 399.81kcal (19.99%), Fat: 31.01g (47.71%), Saturated Fat: 18.7g (116.9%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 28.31g (10.29%), Sugar: 25.04g (27.83%), Cholesterol: 42.18mg (14.06%), Sodium: 27.65mg (1.2%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 36.8mg (12.27%), Protein: 3.95g (7.91%), Manganese: 0.43mg (21.64%), Copper: 0.42mg (21.17%), Magnesium: 74.27mg (18.57%), Fiber: 3.46g (13.83%), Phosphorus: 133.15mg (13.32%), Iron: 2.29mg (12.72%), Vitamin A: 565.22IU (11.3%), Vitamin B2: 0.19mg (10.88%), Zinc: 1.24mg (8.28%), Potassium: 264.3mg (7.55%), Calcium: 69.81mg (6.98%), Selenium: 3.86µg (5.52%), Vitamin D: 0.76µg (5.04%), Vitamin K: 4.49µg (4.28%), Vitamin B12: 0.22µg (3.68%), Vitamin E: 0.52mg (3.5%), Vitamin B3: 0.59mg (2.96%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.23mg (2.27%), Folate: 5.88µg (1.47%)