

SWEET
QUARTETS FROM
A FOUR-STAR
PASTRY CHEF

DESSERT FOURPLAY

JOHNNY IUZZINI and now *finamore*

Johnny Iuzzini's Chocolate Soup

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

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

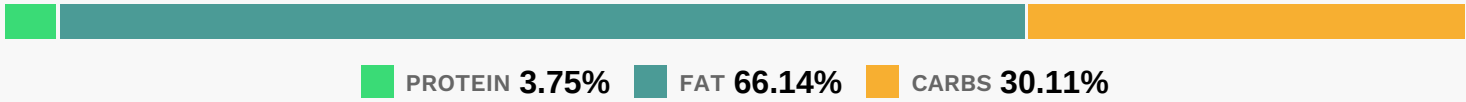
Directions

- ☐ 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



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 %: 0% (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%)