



## Prosecco chocolate salami

READY IN



40 min.

SERVINGS



12

CALORIES



518 kcal

SIDE DISH

### Ingredients

- ☐ 200 g butter
- ☐ 140 g golden caster sugar
- ☐ 4 large eggs
- ☐ 2 tbsp cocoa powder
- ☐ 1 large pinch sea salt
- ☐ 250 g chocolate dark 70%
- ☐ 140 g shortbread biscuit crushed canned (lemon if you can get it)
- ☐ 100 g blanched almond roughly chopped
- ☐ 75 g macadamia nut roughly chopped

- ☐ 75 g walnut piece roughly chopped
- ☐ 140 g mix of figs dried roughly chopped
- ☐ 50 ml prosecco or any other sparkling wine)

## Equipment

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

## Directions

- ☐ Cream the butter and sugar together using an electric whisk until really light and fluffy.
- ☐ Add the eggs one at a time and beat well between each addition. Dont worry if the mix has curdled slightly, it will come together again when you add the other ingredients.
- ☐ Mix in the cocoa powder, Prosecco and sea salt.
- ☐ Put the chocolate in a heatproof bowl over a pan of simmering water and turn off the heat. Leave to melt slowly, stirring now and then, until silky smooth.
- ☐ Remove the bowl and leave to cool slightly, about 5 mins. Beat the chocolate into the egg mixture until fully incorporated. Fold through the biscuits, nuts and dried fruit.
- ☐ Put a large double layer of cling film on a clean work surface that has been wiped with a damp cloth (this will help the film to stick). Spoon the chocolate mix into the centre of the film you need a rough sausage shape about 30cm long. Wrap the sausage in the cling film, pushing against the work surface to make it quite tight. Once completely covered, hold the ends of the cling film and roll the salami as if it were a rolling pin to help tighten the wrap. Tie the ends into a knot, then chill for at least 8 hrs, preferably overnight.
- ☐ When ready to serve, unwrap the cold salami and, if you want to decorate, tie loosely with string. Dust generously with icing sugar.
- ☐ Place on a board in the middle of the table and cut into thick slices to share. Keep leftovers (if there are any!) chilled.

## Nutrition Facts



 **PROTEIN 6.53%**  **FAT 64.89%**  **CARBS 28.58%**

Properties

Glycemic Index:15.75, Glycemic Load:7.31, Inflammation Score:-6, Nutrition Score:13.493912939144%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 517.99kcal (25.9%), Fat: 38.61g (59.41%), Saturated Fat: 15.55g (97.19%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 32.83g (11.94%), Sugar: 23.12g (25.69%), Cholesterol: 98.57mg (32.86%), Sodium: 253.29mg (11.01%), Alcohol: 0.27g (100%), Alcohol %: 0.29% (100%), Caffeine: 18.74mg (6.25%), Protein: 8.74g (17.48%), Manganese: 1.32mg (66.06%), Copper: 0.64mg (32.25%), Iron: 4.46mg (24.79%), Magnesium: 91.27mg (22.82%), Phosphorus: 224.41mg (22.44%), Fiber: 5.43g (21.73%), Selenium: 9.59µg (13.7%), Zinc: 1.72mg (11.45%), Potassium: 379.15mg (10.83%), Vitamin A: 519.09IU (10.38%), Vitamin E: 1.51mg (10.06%), Vitamin B2: 0.17mg (9.87%), Calcium: 88.99mg (8.9%), Vitamin K: 8.6µg (8.19%), Vitamin B1: 0.12mg (7.94%), Folate: 26.25µg (6.56%), Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.52mg (5.19%), Vitamin B6: 0.1mg (5.04%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.33µg (2.22%)