

BITTERSWEET CHOCOLATE POT DE CREME

INGREDIENTS:

- 4 cups heavy cream
- 1¾ cups half-and-half
- ½ cup sugar
- Pinch of salt
- 18 egg yolks
- 12 ounces bittersweet chocolate (preferably Callebaut), finely chopped
- 1 teaspoon vanilla
- Lightly sweetened whipped cream (optional)

INSTRUCTIONS: Combine the cream, half-and-half, ¼ cup of the sugar and the salt in a large saucepan. Bring to a simmer.

Combine the egg yolks and remaining ¼ cup sugar in a mixing bowl and whisk until blended.

Pour a few tablespoons of the hot cream mixture into the egg yolks to help temper them. Then pour the yolk

mixture into the hot cream mixture. Stir over medium heat until the pudding thickens enough to coat the back of a spoon, about 10 minutes.

Place the chocolate in a large bowl. Pour the hot pudding over it. Add the vanilla and whisk until the chocolate melts and the mixture is blended. Strain the mixture through a sieve.

Pour into 8-ounce ramekins. Refrigerate until fully chilled, at least 2 hours.

Serve with lightly sweetened whipped cream, if desired.

Serves 14.

PER SERVING: 515 calories, 8 g protein, 25 g carbohydrate, 43 g fat (25 g saturated), 383 mg cholesterol, 62 mg sodium, 1 g fiber.

Secrets of Success

■ **The chocolate.** We've tried the recipe with different brands, but Callebaut is the best for these pots de creme.

■ **The yolks.** This decadent dessert has a huge amount of egg yolks, which makes a richer pudding.