



Chocolate flower pots

25'
Hands on

2 hours'
Hands off

4 items
Portion(s)

2
Difficulty



Ingredients

For the cream

- 500 g milk
- 130 g granulated sugar
- 50 g corn starch
- 3 egg yolks
- 1 pinch salt
- 1 teaspoon(s) [vanilla extract](#)
- orange zest, of 1 orange
- 30 g butter

To assemble

- 300 g milk chocolate couverture, tempered
- 100 g pistachios, coarsely chopped
- 250 g strawberries
- 200 g cookies, chocolate, crumbled

To serve

- sprig(s) mint
- sprig(s) rosemary
- edible flowers

Method

For the cream

- In a bowl add 100 g of the milk, half of the sugar, corn starch, egg yolks, salt, and whisk well with a [hand whisk](#).
- In a [pot](#) add the rest of the milk, the remaining sugar, the vanilla, the orange zest and transfer over medium heat until it comes to a boil.
- As soon as it boils, remove it from the heat and slowly transfer the pot's mixture into the mixture with the yolks by whisking constantly.
- Return the whole mixture into the pot again and transfer over medium heat. Whisk constantly until the cream thickens.
- Turn off the heat, add the butter and whisk until it melts. Transfer the cream into a bowl, cover with plastic wrap, and refrigerate for 1-2 hours until it cools well.
- Take it out of the refrigerator and whisk well until it is fluffy. You can also make it fluffy in the mixer. Transfer into a pastry bag and set aside.

To assemble

- Spread 2-3 tablespoons of the melted chocolate into paper cups and make sure to cover the whole surface on the inside of the cups. Allow 5-10 minutes for them to stabilize. Follow the same process for the second layer and allow 5-10 minutes for them to stabilize. Carefully take them out of the cups.
- Take a chocolate cup and add 1 layer of the cream, 2 tablespoons pistachios, another layer of the cream, 1 tablespoon strawberries cut into small pieces, and 2 tablespoons of the crumbled cookies.
- Follow the same process for all of the cups.
- Add sprigs of herbs, edible flowers, and serve.

Διατροφικός πίνακας

Nutrition information per 100 gr.

339 Calories (kcal)	20.0 Total Fat (g)	9.6 Saturated Fat (g)	33.0 Total Carbs (g)
17%	29%	48%	13%
22.0 Sugars (g)	6.1 Protein (g)	2.4 Fibre (g)	0.16 Sodium (g)
24%	12%	10%	3%