



Chocolate Pudding

30 minutes

Hands on

8

Portion(s)

1

Difficulty



Ingredients

- 240 g milk
- 150 g heavy cream 35%
- 30 g granulated sugar
- 2 g gelatin sheets
- 300 g chocolate couverture, chopped into small pieces

Διατροφικός πίνακας

Nutrition information per portion

268 Calories (kcal)	20.0 Total Fat (g)	13.0 Saturated Fat (g)	14.0 Total Carbs (g)
13%	29%	65%	5%
16.0 Sugars (g)	5.1 Protein (g)	4.1 Fibre (g)	0.05 Sodium (g)
18%	10%	16%	1%

Method

Photo credit: G. Drakopoulos - Food Styling:
T. Webb

- **Heat** the milk along with the sugar or glucose syrup until it almost comes to a boil. Remove from heat before it starts to boil and add the gelatin sheets (which have been previously placed in water and wrung with our hands). Mix until the gelatin melts and is completely combined in the mixture.
- Add the chocolate. Use an emulsion blender to beat until smooth. If the chocolate needs to be melted further put in microwave. Gradually add the heavy cream.
- Pour mixture into serving glasses or bowls and refrigerate to chill.
- Serve according to your preference.