



Chocolate sphere

30'
Hands on

40"
Hands off

3
Portion(s)

4
Difficulty



Ingredients

- 300 g tempered milk chocolate, melted
- 200 g chocolate couverture
- 30 g sunflower oil
- 180 g crumble
- 100 g brownies
- 3 teaspoons vanilla ice cream
- edible flowers

Διατροφικός πίνακας

Nutrition information per 100 gr.

535 Calories (kcal)	33.0 Total Fat (g)	17.0 Saturated Fat (g)	52.0 Total Carbs (g)
27%	47%	85%	20%
38.0 Sugars (g)	6.5 Protein (g)	2.6 Fibre (g)	0.23 Sodium (g)
42%	13%	10%	4%

Method

- Take a [special silicone mould with 6 semi-circle cavities](#)
- Put 1 tablespoon of the melted milk chocolate in each cavity. Make sure to cover the whole surface of the cavities well.
- Flip the silicone mould over some parchment paper, in order to remove the excess chocolate from the cavities. Place the mould on a [pan](#) and transfer it to the refrigerator for 20 minutes to cool well.
- Remove from the refrigerator and add another layer of the chocolate, with a brush. Transfer to the refrigerator for 20 more minutes.
- In a bowl, add the chocolate couverture and sunflower oil, cover with plastic wrap and put it in the microwave at 1000 Watt for 1 ½ minutes. The couverture has to be hot.
- Remove the silicone mould from the refrigerator and with a knife, remove the frozen chocolate that is around the cavities. Carefully take out one chocolate semi-circle and transfer it on a dish that has 60 g of the crumble.
- Put inside the semi-circle 30 g of the brownies, in pieces. On top of that, put 1 teaspoon ice cream and 2 edible flowers.
- We put a baking pan upside-down and inside the oven to heat well.
- Take another semi-circle out of the mould and carefully place it lightly on the hot pan to melt and to be able to stick with the first semi-circle.
- Cover so that the chocolate sphere is created.
- Take the hot chocolate sauce and slowly pour it over the center of the sphere until it melts and opens up.

Tip

Tempered is the kind of chocolate that has been melted with a specific process and in a specific temperature so that it can maintain its texture and color.