

Little chocolate pots

Serves: 10 (50ml ramekins)

Time

Preparation time 5 minutes

Cooking time 20 minutes, then chilling time

Ingredients

- 500ml semi-skimmed milk
- 2 x 11g sachets low-calorie hot chocolate powder
- 1 heaped teaspoon cornflour
- 75g dark chocolate (minimum 70% cocoa solids), roughly chopped
- ½ teaspoon vanilla extract
- 4 egg yolks
- 1 whole egg

To serve

- 1 tin of pear halves or a punnet of fresh raspberries/strawberries or 2 sliced bananas.



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Method

1. Preheat the oven to 140°C or gas mark 1.
2. Pour the milk along with 2 sachets of low-calorie instant hot chocolate powder and the cornflour into a medium sized, heavy bottomed saucepan. Bring to the boil, whisking all the time.
3. Remove from the heat and stir in chopped chocolate and vanilla extract.
4. In a large bowl lightly whisk the egg yolks and the whole egg. Continue whisking whilst you pour in the hot chocolate mix.
5. When the mixture is smooth and silky, sieve it into a large measuring jug, then pour into 10 little ramekins.
6. Set the ramekins into a deep baking tray and half fill the tray with water to create a *bain marie* (about half way up the ramekins). Place in the oven and bake for 20 minutes until set, but still wobbly in the middle.
7. Remove from the *bain marie* and when cool transfer to a refrigerator to chill.
8. Serve with fruit.

Tip

- This is a really easy and delicious pudding. It can be made in advance and will keep for two days in the fridge.