

# Chocolate fondant puddings

In 2021, chef H el ene Darroze won a third Michelin star for her London restaurant, The Connaught. Time to try her irresistible fondants

## FOR 8 FONDANTS

- 125g butter, cut into cubes\* (plus extra for greasing\*)
- 150g dark chocolate (70-80% cocoa\* solids), chopped\*
- 90g caster\* sugar
- 5 eggs
- 65g flour\*, sieved\*

## TO SERVE

- vanilla ice cream
- 100g toasted\* peanuts

## EQUIPMENT

- baking\* paper
- 8 dessert\* rings, 6-7cm in diameter

1. Preheat\* the oven to 230 C.

2. Place\* a sheet\* of baking paper on a baking\* tray and place your dessert rings on top. Grease the inside of each ring, then place in the fridge to chill\*.

3. Melt\* the butter and chocolate in a bowl over a bain-marie.

4. In a large mixing bowl, use an electric\* whisk to mix the sugar and eggs until the mixture is frothy\* and doubles in volume. Then, fold\* in the flour.

5. With the aid of a spatula, now add the cooled chocolate-butter mix.

6. Fill each ring with about 80g of the mixture and bake\* for 5 to 6 minutes.

7. Remove\* from the oven, and leave\* to stand for a minute, before transferring to plates. Remove the rings and serve with vanilla ice cream and toasted peanuts.



**CHEF'S TIP**  
If you don't have dessert\* rings, you can use aluminium baking\* moulds.

### VOCABULARY P.10

**bake:** mettre au four  
**baking mould:** moule de cuisson  
**baking paper:** papier sulfuris 

**baking tray:** plaque de cuisson  
**caster sugar:** sucre semoule  
**chill:** refroidir

**chopped:** h ach   
**cocoa solids:** teneur en cacao  
**cube:** d 

**dessert ring:** cercle   p tisserie  
**electric whisk:** batteur  
**flour:** farine  
**fold in:** incorporer

**frothy:** mousseux  
**grease:** beurrer  
**leave to stand:** laisser reposer  
**melt:** faire fondre

**place:** d poser  
**preheat:** pr chauffer  
**remove:** sortir; enlever  
**sheet:** feuille

**sieved:** tamis   
**toasted peanuts:** cacahu tes grill es