



Chocolat Fondant with Salty Caramel

A wonderful dessert with a melting middle. This can be prepared in advance and then popped in the oven for eight minutes before you serve it - and amaze your guests!

SERVES (YIELD): 4
 DIFFICULTY RATING: ••
 PREPARATION TIME: 90 MINUTES
 COOKING TIME: 8 MINUTES + 6 MINUTES

SPECIAL EQUIPMENT

Silicone moulds or ice cube trays for the salty caramel
 4 x 5cm diameter, 6cm high ring moulds
 Sugar thermometer

PLANNING AHEAD:

The fondants can be made up to 24 hours in advance, ready for their final 6 minutes cooking before serving. The salty caramels need to be frozen for at least 2 hours before adding to the fondant mixture.

INGREDIENTS

Ingredients for salty caramel

15g dark muscavado sugar
 200ml whipping or double cream
 20g glucose, plus cold water to wet hands
 60g caster sugar
 Lemon juice, to taste
 ½ g salt
 Black pepper to taste

Ingredients for chocolate fondant

15g cocoa powder
 15g caster sugar
 80g dark chocolate – 64% cocoa, roughly chopped
 80g butter, plus extra for buttering moulds
 2 whole eggs
 1 egg yolk
 45g icing sugar
 18g arrowroot

Ingredients for chocolate sauce

90ml full fat milk
 130g dark chocolate - 80% cocoa, roughly chopped

Garnish

2-3 tbsp caramelised almonds and pistachios, roughly chopped,
 Quenelles of pistachio ice cream, plus 4 small biscuits

METHOD - SALTY CARAMEL

- 1 Place the dark muscavado sugar and cream into a saucepan and place over the heat.
- 2 Using wet hands, add the glucose to the cream mixture and bring to a simmer. (Glucose sticks to dry hands and spoons!)
- 3 Meanwhile, place the caster sugar into a pan and cook over a low heat until it's a dark golden caramel colour – stirring the sugar constantly to start with so the sugar at the bottom of the pan doesn't catch and colour before the top.
- 4 Pour the hot cream onto the caramel and bubble up until thickened and a dark caramel colour – it should read 102°C on a sugar thermometer.
- 5 Remove from the heat and add the lemon juice, salt and black pepper, stirring carefully.
- 6 Cool slightly before tasting and adjusting accordingly.
- 7 Pour into small silicone moulds or ice cube trays and place in a freezer for at least 2 hours to set.
- 8 This makes more caramels than needed, but store any excess in the freezer until ready to use/eat.

METHOD - CHOCOLATE FONDANT

- 1 Brush the inside of 4 x 5cm diameter, 6cm high ring moulds with softened butter.
- 2 Mix the cocoa powder and caster sugar together then use to dust the inside of the ring moulds then set aside.
- 3 Place the chocolate and butter into a bowl over a pan of simmering water and leave to melt.
- 4 Place the eggs and egg yolk into a bowl and whisk together.
- 5 Gradually sieve in the icing sugar and whisk until emulsified, when the mixture will be paler and thicker and doubled in volume – ribbon stage.
- 6 Sieve the arrowroot in, whisking once more.
- 7 Add the melted chocolate and butter and whisk to combine.

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- 8** Place the lined ring moulds onto a greaseproof lined tray and fill 2/3 full with the chocolate mixture. NB – the mixture still needs to be warm when it's put into the moulds so either place back over the simmering water or work quite quickly.
- 9** Place a piece of caramel in each and press down lightly – so it comes about half way down.
- 10** Top with the remainder of the mixture.
- 11** Place in the fridge for anything from 30 minutes to 24 hours.
- 12** Preheat the oven to 230°C/450°F/Gas 8.
- 13** Place the tray into the oven for 6 minutes.
- 14** Remove from the oven and place into the fridge again for at least 30 minutes (up to 24 hours).

METHOD FOR THE CHOCOLATE SAUCE

- 1** Place the milk into a saucepan and heat until just simmering.
- 2** Add the chocolate and whisk well until smooth.
- 3** Remove from the heat.

WHEN READY TO SERVE

- 1** Drop the oven temperature to 180°C/350°F/Gas 4.
- 2** Remove the fondants from the fridge and run a knife around the inside of the mould to loosen.
- 3** Remove the mould so the fondant is sitting on the baking tray.
- 4** Return to the oven for 8 minutes..
- 5** Spoon the chocolate sauce into the centre of the plate.
- 6** Top with a fondant.
- 7** Garnish with caramelised pistachios and almonds around the edge of the chocolate sauce.
- 8** Place a tiny biscuit to one side and top with a quenelle of pistachio ice cream.
- 9** Serve immediately.