

Moelleux au Chocolat – Chocolate Fondant

Makes 6 x 80g fondants

Ingredients:

- 125 grams dark chocolate (broken into pieces)
- 125 grams unsalted butter
- 3 eggs
- 150 grams castor sugar
- 35 grams plain flour (sifted) or rice flour for a gluten free version
- Butter to grease ramekins

A chocolate fondant is a molten chocolate cake that combines the elements of a flourless chocolate cake and a soufflé. They are ideal with crème fraiche to offset sweetness rather than ice cream.

Method:

Heat the oven to 200C

Melt the butter on a medium heat until just foaming. Remove from heat and add chocolate, leave to melt and then stir gently to combine.

Whisk together the eggs, sugar and sifted flour until the sugar has dissolved. The mixture should be smooth, light and fluffy, leaving a light trail.

Add the chocolate mixture to the egg mixture and combine.

Grease the ramekins with butter and fill with the mixture two thirds full.

Bake for 8 1/2 minutes on a HOT tray, remove and leave to rest on a cold tray for 2 minutes

Run a knife round the ramekin and turn out, the centre should be still liquid when you cut into the fondant.

Presentation:

Keep back and spoonful of the chocolate and butter mix in your pan and use a pastry brush or fork to make a pattern on your plate

Dust with cocoa powder or icing sugar.

Use a tea strainer and some cocoa powder to create a pattern on the plate – you can use a cardboard template to make an interesting pattern or a doily

Use a smear of chocolate ganache or some chopped nuts for texture. Serve with seasonal fruit, bottled sour cherries or bitter orange segments in winter.



Notes & variations:

Scale the ingredients up or down based on the number of eggs. Weigh the eggs to give you a “half egg” measure.

The key to success is to be consistent with the moulds, mixture, oven temperature and timing.

To find your perfect timing in your oven make a batch of fondants and test them one at a time.

Fondants can be made in advance and covered until ready to cook, kept in the fridge or frozen. Always bring back to room temperature before cooking to ensure your timings are correct.

Experiment with different flavours, you can add coffee essence, vanilla, chilli, beetroot, ginger, frozen berries or white chocolates pushed into the centre for a different effect.

To make a ganache:

Use equal amounts of cream and chocolate. Scald the cream at just under boiling point. Remove from heat and add the chocolate and leave until melted. Stir gently to combine. Keep in the fridge covered.

Crème fraiche sorbet:

Dissolve 128 g sugar into 50 g water and cool, whisk into 500g of crème fraiche to form an emulsion. Churn in an ice cream machine, transfer to a container and freeze.