

Chocolate Fondant with Raspberry Gel and Vanilla Ice Cream

Yield: 10

For the Fondants

Ingredients

450grms Good Quality Dark Chocolate

450 grms Butter

500grms Eggs (1 egg equates to more or less 60grms but best to use a scale to measure this out)

160grms Egg Yolks

400 grms Sugar

200 grms Flour

Pinch of Salt

Method

Melt the chocolate and butter gently in a double boiler, being careful to ensure no water touches the chocolate mixture. Mix the eggs & yolk together lightly. Pour the melted chocolate into the egg mixture while stirring continuously. Add to this the sugar and flour and stir until completely combined and you no longer see any white but be careful to not over mix. Grease your dariole moulds (100ml moulds or so) with butter and fill just over half way with the mixture. Bake at 180 degrees for 9 or 10 minutes. Remove and allow to rest for a few minutes before un-moulding and plating.

Notes: This mixture can be made and poured into your moulds in advance and freezed for weeks ahead of your dinner party. On the day of your dinner party, take them out the freezer and allow to come to room temperature before baking.

Raspberry Gel

5ml Agar Agar (Vegetarian supplement for gelatine, available at Health Stores)

350grms fresh Raspberries (keep 3 aside per guest for plating)

200ml Berry Fruit Juice

Method

Blend your fresh raspberries in a blender / food processor with a little water until it is liquid

Strain with a sieve into a pot, leaving behind all the seeds. Add the berry juice to the raspberry liquid in the pot and add the 5ml's agar agar (1ml agar agar to every 100ml liquid), stir continuously for 2 – 3 minutes, pour into a glass dish and refrigerate for 30 minutes to 1 hour. It should form a solid jelly. If it hasn't, simply put back into the pot add another ml or 2 of agar agar and repeat the process. Once you have your solid jelly, put it back into the blender and blend for 30 – 40 seconds (do not over blend). Decant into a squeeze bottle and refrigerate until needed. It should have a gel like consistency now.

For plating – squeeze a blob of the gel on one end of the plate – using the tip of the backside of a spoon, drag the gel across the length of the plate – this creates a fancy restaurant type design that will impress ! Place the Fondant at the end of this gel line, with a scoop of ice-cream (store bought! Sorry, this chef doesn't mind the shortcuts), Garnish with 3 raspberries per plate (always work in uneven numbers – more plating tips to follow in a separate blog post) and if you have some, a sprig of mint.



