

Fondant au chocolat in a glass

Cuisine: French

Food category: Desserts



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Program steps

1 Hot air 100 % Termination by time 00:11 hh:mm 210 °C + 80 %

Ingredients - number of portions - 6

Name	Value	Unit
dark chocolate 70%	150	g
butter soft	150	g
sugar	150	g
plain wheat flour	85	g
Cocoa powder	30	g
chicken eggs	5	pcs
double cream	220	ml
Amaretto syrup	30	ml
Amaretti	50	g

Name	Value	Unit
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Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	534.7 kJ
Carbohydrate	44.5 g
Fat	31.6 g
Protein	5.1 g
Water	0 g

Directions

Chop the chocolate into small pieces and melt it in a water bath with the butter. Beat the eggs with the sugar until frothy and fold in the chocolate. Sift the flour with the cocoa and stir into the mixture. Put the mixture in a piping bag and then fill the sturdy glasses (diameter 8 cm, height 12 cm) halfway.

Bake in the combi steamer as indicated for approx. 11-13 minutes so that the core remains liquid.

In the meantime, fill a 0.5l ISI bottle with the cold amaretto cream and gas it with a Professional Charger. Shake 10-15 times.

When the cake is baked, put a small scoop of coffee ice cream on the hot cake and cover with the amaretto cream.

Sprinkle the cream with amaretti crunch.

Other types of ice cream can of course be used instead of coffee ice cream.

The cake can also be baked in small Diarol molds and then turned out.