

# Chocolate fondant

Cuisine: **English**  
Food category: **Desserts**



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## Program steps

Preheating: **205 °C**

1

 Hot air

 100 %

 Termination by time

 00:07 hh:mm

 190 °C

 70 %



Ingredients - number of portions - 10		
Name	Value	Unit
dark chocolate 70%	230	g
Butter	225	g
powdered sugar	250	g
egg whites	210	g
plain wheat flour	120	g

Nutrition and allergens	
Allergens: 1 Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	1238.8 kJ
Carbohydrate	40.3 g
Fat	27.4 g
Protein	21.3 g
Water	0 g

### Directions

Melt chocolate and butter together in a bowl over water bath.

Whist egg whites and sugar into a paste. Add flour into a paste and mix thoroughly.

Fold paste paste into melted chocolate. You should end up with with dark fluffy mixture.

Transfer into piping bag or container and let it cool for about half an hour.

Grease your metal moulds with butter. Fill up each of them upto two thirds with chocolate mixture and cool in the fridge either for at least 1 hour or overnight. When ready bake in our premium combi oven for about 7 minutes. Or you can use ratio of 1 minute per every 10 grams of weight in mould. For example 70 grams of fondant mix takes 7 minutes to achieve runny centre and spongy texture on the outside. When baked let it sit for about a minute before taking out of the mould.