

CHOCOLATE PUDDING

Recipe by David Guas

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INGREDIENTS

200 g	white sugar
1 pinch	salt
4 Tablespoons	cornstarch
35 g	cocoa powder
612 g	whole milk
4 yolks	eggs, large (yolks only)
120 g	heavy cream
1 teaspoon	vanilla extract (liquid)
115 g	dark fondant chocolate (66-72%)

PROCEDURE

1. Prepare your ingredients:
 - a) Separate the eggs.
 - b) Chop the chocolate into very small pieces and small pieces (spezzettare).
2. Into large heatproof bowl:
 - a) Add sugar into the bowl.
 - b) Add salt.
 - c) Sift cornstarch and cocoa into bowl.
 - d) Add only 120 g of the milk, and stir to make a thick paste.
2. In a small bowl:
 - a) Beat the 4 egg yolks.
3. In the previous large bowl:
 - a) Add the yolks to the cornstarch-cocoa-sugar mixture, and blend well.
4. In a heavy-bottom saucepan:
 - a) Combine the rest of the milk and the heavy cream.
 - b) Bring just to a boil, and remove the pot from the heat.
5. In the previous large bowl:
 - a) While whisking constantly, carefully pour about one-quarter of the hot milk-cream into the cornstarch-cocoa-sugar mixture.
 - b) Then, while continuing to whisk *slowly*, add the rest of the hot milk-cream. Whisk slowly until the custard is smooth.
6. With the heavy-bottom saucepan:
 - a) Rinse the pot (which you used to heat the milk-cream) with water, but do not dry it.

- b) Pour the custard mixture into the pot.
 - c) Return the pot to the stove, and cook the mixture over *low-medium* heat while stirring almost constantly but gently with a high-heat spatula until the custard thickens – about 5-6 minutes. (It is OK if the custard looks a little lumpy.)
- 7. During #6, prepare a clean mixing bowl and strainer/sieve, and then:
 - a) Pour the custard through the strainer/sieve into the bowl. Use the spatula to push it through.
 - b) Remove the strainer/sieve.
 - c) Add *half* of the chopped chocolate and stir *gently*. It will melt because the custard is still hot.
 - d) Add the second half of the chopped chocolate and stir even more gently (so the pieces don't completely melt).
- 8. Finish the pudding
 - a) Put the warm pudding into custard cups or ramekins.
 - b) Cover the cups with plastic.
 - c) Refrigerate at least 6 hours or overnight.