FRENCH · DESSERT

Dark Chocolate Pots de Crème for Two

15 min · plus 30 minutes chilling Makes 2 × 1 ramekin 406 kcal a portion

Video 7:05 · HK's Keto & Low Carb Recipes

Vegetarian | Gluten-free ingredients | Nut-free

A rich custard of cream, egg yolk and 90% dark chocolate sweetened with erythritol: about 7.5 g net carbs and 5 g fibre a pot, with about 2 g sugar from the chocolate.

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Ingredients

9 · MAKES 2 × 1 RAMEKIN

- [ ] 2 oz 90% **dark chocolate** (Lindt), broken into small pieces
- [ ] **Sugar**: (sugar in the 90% chocolate, about 4 g)
- [ ] 1 **egg yolk**
- [ ] 1/3 cup **heavy whipping cream**
- [ ] 1 1/2 tbsp **powdered erythritol**
- [ ] a few drops of **vanilla extract**
- [ ] a pinch of **salt**
- [ ] a little **whipped cream**, to serve (about 1 tbsp cream per pot)
- [ ] 1 **blackberry** per pot, to garnish (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Break the chocolate into small pieces in a heatproof bowl. In another bowl, whisk the egg yolk until frothy. 1:00
2. In a heavy saucepan over low heat, stir the cream, erythritol and vanilla constantly until it just comes to the boil, then take it off the heat at the first bubbles. 1:26
3. Temper the yolk: whisk in a few drops of hot cream two or three times, then whisk in the rest of the cream. 2:09
4. Return to the pan over the lowest heat and stir until the custard thickens enough to coat the back of a spoon. Take off the heat at once. 2:40
5. Pour the custard over the chocolate, leave 1 minute, then whisk with a pinch of salt until thick and glossy (loosen with a splash of cream if needed). 3:06
6. Divide between 2 ramekins and refrigerate about 30 minutes. Top with a little whipped cream and a blackberry to serve. 3:44

> **Tip** 100% baking chocolate works too and lowers the carbs further, as the cook suggests. If it has been in the fridge a long time, let it stand 5 minutes before eating. Good with a little berry compote.

The method is a summary in our words — the video shows every step.

One portion (1 ramekin) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
406 kcal	6.6 g	13 g	5 g	37 g	130 mg
1,700 kJ	13% of a day	7.6 g net · 4.3 g sugars	18% of a day	22 g saturated	6% of a day
		5% of a day		47% of a day	

Energy from net carbs 8% · protein 7% · fat 85% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Iron 29% · Vitamin A 29% · Zinc 27% · Magnesium 23%

Source of (10–19%) Selenium 16% · Vitamin B12 12% · Omega-3 11%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=hrXSugZTH6s, published 13 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dark-chocolate-pot-de-creme-for-two