



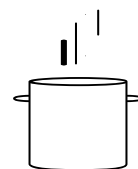
Gizzi Erskine's Chocolate Fondant

If I was to tell you that this dairy, wheat and gluten free fondant was the best I've ever tasted you wouldn't necessarily believe me...well it's here, and what-do-ya know – it's actually really GREAT..., better even. So indulgent, same wickedness, but there's something about the flavour of the coconut that, I don't know... just really smashes the whole thing to the next level. Give it a go and see.

Great with clotted cream or plain ice cream or good quality dairy free ice cream in vanilla or salted caramel.



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Ingredients

120g The Groovy Food Company Organic Virgin Coconut Oil, melted, plus around an extra 20g for greasing

2 tbsp cocoa powder

100g great quality 70-80% dark chocolate, broken into pieces

2 free range eggs

2 free range egg yolks

120g The Groovy Food Company Organic Coconut Sugar

1 tbsp The Groovy Food Company Organic Coconut Flour

Directions

1. Heat oven to 200C and put a baking tray on the middle shelf.
2. Brush the inside of 4 small pudding or 'dariole' moulds with the melted organic virgin coconut oil. (Grease it in a double layer of oil, then cut out tiny rounds of greaseproof paper a little bit smaller than the base of the mould and fit them to the greased base.) Grease the top of the paper again with more organic virgin coconut oil.
3. Then put the cocoa in one of the moulds and turn it to coat the inside with a layer of the powder as to line it, holding it over the second mould to catch any that escapes. Repeat with the other moulds.
4. Put the main volume of organic virgin coconut oil, 1 tbsp cocoa powder and chocolate in a heatproof

bowl, set over, but not touching, a pan of simmering water and stir occasionally until melted.

5. Stir in the coconut flour, and then allow to cool for about 15 minutes.
6. Using electric beaters, whisk together the whole eggs, yolks, coconut sugar and a pinch of salt until pale and moussy (the mixture should almost double in volume), this will take 3-4 mins.
7. Gently fold in the melted chocolate mixture, being careful not to knock out too much air.
8. Spoon into the prepared moulds, stopping about 6mm from the top. Chill for at least 1 hour. (The great news is you can make these the day before you want them.)
9. Put on a hot baking tray and cook for 15 minutes exactly until the tops are set and coming away from the sides of the moulds and it's souffled a spot.
10. Stand for 30 seconds, then serve in the moulds or turn out onto plates.