The Cayenne Kitchen

Chocolate Fondant

Serves 8   **Cuisine: French**

Preparation Time: 20 Minutes
Cooking Time: 8-12 Minutes

Ingredients:

100g	Chocolate (58% is good)
100g	Butter, unsalted
110g	Whole Eggs
16g	Egg Yolk
80g	Icing Sugar
12g	Cocoa Powder
50g	Plain Flour
3g	Baking Powder

Method:

1.   Chill 8 small baking rings in the fridge and then coat the insides with soft butter, then chill again to set the butter
2.   Repeat again, this time dusting the soft butter with some cocoa powder (This will give you two linings of butter to help the fondants rise).
3.   Preheat the oven to 190^0C
4.   Melt chocolate and butter in a bain-marie (a bowl on top of a pan of boiling water)
5.   Remove from heat and whisk in the eggs gradually
6.   Sieve icing sugar, cocoa powder and flour together and incorporate into the chocolate and egg mixture.
7.   Half fill the moulds with the fondant (to allow for them rising) and bake for 8-12 minutes at 190^0C
8.   The end result should be a sponge but should remain liquid in the centre

To Serve:

Serve with whipped cream or ice cream

Chef's Notes:

You can use either the metal tian rings or cocottes to bake these fondants