

Chocolate Coconut Custard

This is a creamy, smooth and decadent dessert similar to a chocolate crème brulee or pannacotta.

Ingredients

Makes 6 portions

- 180 grams dark chocolate (chopped)
- 3 tablespoons virgin coconut oil
- 3 tablespoons unsalted butter
- 1 tsp vanilla extract/essence
- 300 ml coconut milk
- 2 large eggs



You can use unsweetened dark chocolate and sweeten the dish with stevia or xylitol. You can also use all coconut oil instead of butter to keep it dairy free.

Method:

1. Pre-heat oven to 150 degrees Celsius.
2. Grease 6 ramekins with butter or coconut oil.
3. In a double-boiler, melt the chocolate, coconut oil and butter and whisk until dissolved and blended.
4. Remove from heat and add vanilla extract and coconut milk.
5. Add eggs one at a time and whisk.
6. Pour mixture into the ramekins and place in a metal or glass pan.
7. Pour boiling water into the pan to create a bain-marie. Careful you don't pour water into the ramekins.
8. Bake for 30 minutes on middle rack.
9. Remove from the oven, cool and chill in the fridge for 2 hours before serving.
10. Serve with fresh whipped cream and a plump ripe strawberry.

This recipe is my adaptation from the original recipe found on www.satisfyingeats.blogspot.com

