



# Melting Middle Tony's Choclonely Pudding with Blueberry Coulis and Creme Fraiche

Tony's Choclonely 40-50 Minutes • Veggie

17A

Find all your unchilled Market items in bag A.



Tony's Choclonely  
Dark Chocolate Bar



Unsalted Butter



Caster Sugar



Plain Flour



Blueberries



Creme Fraiche

In collaboration with



Tony's Choclonely

Tony's Choclonely are the chocolate makers on a serious mission to end modern slavery in the chocolate industry.

Pantry Items

Egg



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, bowl, whisk, sieve and cake tin.

## Ingredients

Ingredients	Quantity
Tony's Chocolonely Dark Chocolate Bar <b>11</b> )	1
Unsalted Butter** <b>7</b> )	210g
Caster Sugar	150g
Plain Flour <b>13</b> )	75g
Blueberries**	125g
Creme Fraiche** <b>7</b> )	150g

Pantry	Quantity
Egg*	4
Water*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per 100g
<b>for uncooked ingredient</b>	<b>100g</b>
Energy (kJ/kcal)	1559 /373
Fat (g)	27.8
Sat. Fat (g)	16.7
Carbohydrate (g)	25.5
Sugars (g)	19.0
Protein (g)	4.9
Salt (g)	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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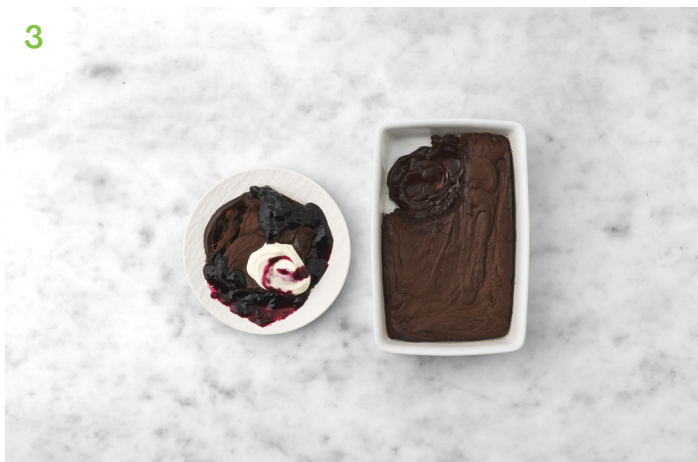
1



2



3



## Melt the Chocolate

**a)** Preheat your oven to 200°C/180°C fan/gas mark 6.

**b)** Chop the **Tony's Chocolonely Dark Chocolate Bar** into small pieces.

**c)** Combine in a small saucepan the **chocolate** and **210g** of the **butter**. **TIP:** *Keep the remaining butter for another recipe.*

**d)** Stir on medium heat until the **butter** and **chocolate** have melted, 4-5 mins. **TIP:** *Don't worry if the butter has separated from the chocolate, it will mix in nicely when you add the eggs later on.*

**e)** Pour the **chocolate mixture** into a medium bowl, then set aside to cool, 5-10 mins.

## Into the Oven

**a)** In another large bowl, whisk the **eggs** (see pantry for amount) and **two thirds** of the **sugar** until thick, pale, foamy and at least doubled in size, 5-6 mins. **TIP:** *If you have an electric whisk, this will only take 3-4 mins.*

**b)** Use a sieve to sift in the **flour** and stir gently to combine.

**c)** Add the **chocolate mixture** and gently stir until just combined.

**d)** Pour the **batter** into a deep cake tin and place on the middle shelf of your oven until the edges are firm, 15-20 mins. **TIP:** *For a firmer cake, bake the pudding for closer to 20 mins. For a melted middle, bake the pudding closer to 15 mins.*

## Make the Blueberries Coulis

**a)** Meanwhile, combine in a small saucepan the **blueberries** and the remaining **sugar** with the **water** (see pantry for amount).

**b)** Stir on medium heat, squashing the **blueberries** as they cook, until they are jammy and deep purple, 4-5 mins. Set aside to cool.

**c)** Once baked, serve the **Melting Middle Pudding** immediately, with a dollop of **creme fraiche** and a drizzle of the **blueberry coulis** to finish.

Enjoy!