

咖啡朱古力吉士杯

Coffee & chocolate custard pots

份量：4 份

熱量：每份 155 卡路里



基本材料：

低脂吉士	400 毫升
黑朱古力(70% 可可)	60 克，弄碎
濃縮咖啡	40 毫升
橙皮	1/2 個，磨碎
小豆蔻粉	1/4 茶匙

烹飪步驟：

1. 用中火在平底鍋中輕輕加熱吉士。加入朱古力、濃縮咖啡、橙皮和小豆蔻。攪拌直至巧克力融化，然後過濾。
2. 把朱古力醬倒入四個 125 毫升的杯中，放入雪櫃 3 小時。
3. 食用前可在吉士杯頂放上低脂忌廉及朱古力粉。

Coffee & chocolate custard pots

Serving : 4

Calorie: 155each

Basic Ingredients:

Low-fat custard	400ml
Dark chocolate (70% cocoa solids)	60g, broken into pieces
Strong espresso coffee	40ml
Zest of ½ orange	Finely grated
Ground cardamom	1/4 tsp

To finish:

Squirty light cream	25ml
Cocoa powder	1/4 tsp

Procedures:

1. Gently heat the custard in a saucepan over a medium heat. Add the chocolate followed by the espresso, orange zest and cardamom. Stir until the chocolate has melted, then pass the mixture through a sieve into a jug.
2. Pour into four 125ml individual pots or serving bowls and place in the fridge to firm up for at least 3 hours – it won't set completely firm.
3. Remove from the fridge and top with some light squirty cream and a dusting of cocoa.