

Entertaining *Chic!*

Modern French Recipes & Table Settings for All Occasions

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RIZZOLI
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Fondant au Chocolat

Serves 6

Ingredients

1 1/3 (150 g) sticks unsalted butter, plus more
for greasing
7 ounces (200 g) dark chocolate (60% cacao)
2/3 cup (150 g) superfine (caster) sugar
3 eggs
1/3 cup (50 g) all-purpose/plain flour
Berries, for serving
Ice cream or crème fraîche, for serving

Preparation

Butter 6 ramekins; set aside.
Microwave the butter for about 10 seconds,
until softened. Chop the chocolate and melt
in a bain-marie or double boiler.
In a bowl, combine the softened butter and sugar.
Add the eggs, one at a time, alternating with the flour.
Stir in the melted chocolate, pour the mixture into
buttered ramekins.
Put the ramekins in the freezer for 1 hour.
Preheat the oven to 300°F (150°C) and put the ramekins
in the oven for exactly 20 minutes. Unmold and serve hot,
decorated with berries and crème fraîche or ice cream.

The dark chocolate fondant is topped with vanilla ice cream and served with an assortment of seasonal berries on a white china plate. The deliberate contrast enhances the color impact of the rich chocolate and the berries. Cacao, originating from South America, was believed by the Aztecs to be a gift from the god of wisdom. In fact, the word chocolate comes from the Aztec word *xocolatl*. It was not until the sixteenth century, when the Spanish introduced cocoa to Europe, that sugar was added to it and it became popular throughout high society.