

# St Emilion au Chocolat

A classic dessert championed by Elizabeth David way back in the 60's & 70's



By Neil McCready



## SERVES 4-6

### INGREDIENTS

- 200ml whole milk
- 150g Dark chocolate (minimum 70% solids, organic *Green & Blacks* from the health shop is best)
- 2 very fresh egg yolks (omit if you are pregnant)
- 75g castor sugar
- 75g unsalted butter
- 3 or 4 almond macaroons (the ones from *Birds* are the best!!)
- 100-150ml best you can get Cognac or brandy (omit if consumed by children)

## METHOD

First, decide what you wish to set the dessert in, in the restaurant we set the dessert in small sherry glasses to be eaten with teaspoons a little bit at a time as it is outrageously rich. This is a good idea for a dinner party but if you wish you may find it easier to set it in a small pyrex/trifle glass bowl and then dish it out like a chocolate mousse as you wish.

Over simmering water (not boiling) melt the chocolate into the milk until fully incorporated, once this is done turn the heat off and leave the chocolate milk where it is, this way the chocolate will cool very slowly and give you time to finish the rest without getting in a fluster.

Cream the butter & sugar together in a separate bowl until white and fluffy, beat in the egg yolks until incorporated then whisk in the chocolate milk ensuring to scrape the sides of the bowl to drag all the butter mix into the milk mix, allow to stand at room temperature while you do the final stage.

Break  $\frac{1}{2}$  your macaroons into the bottom of your glasses or bowl and drizzle as liberally as you please or can afford with the brandy, then pour  $\frac{1}{2}$  the chocolate mixture on top of the macaroons, break the rest of the macaroons on top of that, drizzle them with more brandy and then top with the rest of the chocolate mixture.

Chill immediately and leave for a minimum of 6 hours to set, but ideally 48 hours to let the flavours mottle and mature, remove from the fridge 30 minutes before eating or you will lose flavour, serve with raspberries or any other fresh fruit. This will keep in the fridge for up to seven days.