



BITE ME THE SHOW ABOUT EDIBLES

Bittersweet Chocolate Pudding

by Samin Nosrat from Salt, Fat, Acid, Heat

Ingredients:

- 4 ounces bitter sweet chocolate, coarsely chopped
- 3 large eggs
- 3 cups half and half
- 3 tablespoons cornstarch
- 1/2 cup + 2 tablespoons sugar
- 3 tablespoons cocoa powder
- 1-1/4 teaspoons kosher salt or heaping 1/2 teaspoon fine sea salt

Instructions:

- Place the chocolate in a large, heatproof bowl and set a fine-mesh sieve over it. Set aside
- Crack the eggs into a medium bowl and whisk lightly. Set aside.
- Pour the half and half into a medium saucepot and set over low heat. Remove from the heat just as it starts to emit steam and come to a simmer.
- In a mixing bowl, whisk together the cornstarch, sugar, cocoa powder, and salt. Whisk in the half and half. Return the mixture to the pot and set over medium-low heat.
- Cook, stirring constantly with a rubber spatula, for about 6 minutes, until the mixture visibly thickens. To test whether the mixture is thick enough, use your finger to make a line through the pudding on the back of the spoon. It should hold a line.
- Slowly add about 2 cups of the hot pudding mixture into the eggs while whisking continuously, then return it all back to the pot and set over low heat. Continue to stir constantly, cooking another minute or so until the mixture visibly thickens again or registers 208F on a thermometer. Remove from the heat and pour through the sieve. Use a small ladle or rubber spatula to guide the pudding through the sieve.
- Allow the residual heat to melt the chocolate. Use a blender or stick blender to blend thoroughly until the mixture is satiny and smooth. Taste and adjust salt as needed.
- Serve at room temperature.

Refrigerate, covered for up to 4 days.

I infused a cup of the milk with 5g of CBD infused flower.

If using a concentrate, add at the end when blending.

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Notes:

I used an Ardent to decarb, LÉVO to infuse. Either will do both!



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