

CHOCOLATE FLAMES

An irresistible dessert. Chocolate flames are the epitome of chocolate desserts: true gluttonous delights. A dark chocolate coating encloses a chocolate custard filling, which is a basic confectionery recipe made of pastry cream with added dark chocolate. This recipe for chocolate flames is easy. You only have to keep to the necessary filling and coating cooling times to get a pastry with the right consistency. You can prepare sablés for the bases of the flames yourself, or buy them ready-made to speed up the recipe. To cut down the waiting times, you can also prepare the chocolate custard in advance and fill the flames when needed.



INGREDIENTS:

Pastry cream:

112 g / 4 oz egg yolk
 ½ vanilla pod
 peel of half a lemon
 100 g / 3½ oz sugar
 12 g / ½ oz cornstarch (cornflour)
 12 g / ½ oz rice starch
 1 pinch salt

250 g / 8¾ oz milk

Chocolate custard:

105 g / 3¾ oz pastry cream
 45 g / 1½ oz Zaini dark chocolate

Pâte Sablée:

63 g / 2¼ oz butter
 30 g / 1 oz powdered sugar
 1 egg
 2 g / 1/14 oz vanilla pod
 1 g / 1/30 oz salt
 93 g / 3¼ oz Italian 00 flour

Coating:

Extra dark chocolate Emilia to taste



Difficulty
MEDIUM



Preparation
60 min



Portions
8

1

To make chocolate flames, start by preparing the bases: sablés. Mix cold, finely chopped butter, sugar, vanilla, flour and salt in a planetary mixer. Add egg, and mix again for a few seconds. Roll out to make a pâte sablée disc. Place between two sheets of baking paper and put in the fridge for an hour and pierce with the prongs of a fork. Bake for twelve minutes at 170 °C / 338 °F.

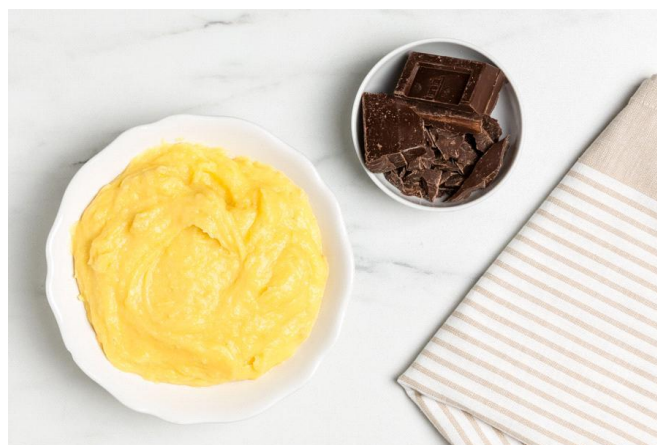
hour. Take out of the fridge, and cut out 16 discs with a 2 to 3 cm / ¾ to 1¼ inch diameter pastry cutter. Place sablés on a baking sheet covered with baking paper.

TIP

For a better texture, keep the chocolate flames in the refrigerator for at least 2 hours before serving. This way the cover will solidify well.



- 2** Prepare pastry cream by mixing an egg yolk, vanilla, lemon peel, sugar, cornstarch, rice starch, and a pinch of salt in a saucepan. Stir and cook, slowly adding milk until smooth and even. Leave to cool. Meanwhile, melt chocolate in a double boiler or microwave. Add pastry cream to melted chocolate, and mix with an immersion blender to a chocolate custard.



- 3** Transfer to a bowl and place in a pastry bag with a star nozzle. Make large dollops on each base and place in the fridge for two hours. Then prepare the coating: melt chocolate in a double boiler or microwave. Leave to cool a little, then dip in flames, one at a time. Leave chocolate flames to set, then serve.

