

Dessert

Dark Chocolate Truffles

Charissa Kennedy
Treasure Coast newspapers

1/2 cup heavy cream
1 cup semisweet or dark chocolate
tablespoon Irish Cream, Kahlua or whiskey
2 tablespoons salted butter, at room temperature
pinch pink Himalayan salt
2/3 cup unsweetened cocoa powder OR finely ground coffee

In a double boiler over medium-low heat, place the heavy cream, butter and a pinch of salt. Bring to just boiling. Turn off the heat at boil, but keep the double boiler intact.

Add the chocolate. Let the mixture rest for a minute. Stir with a wooden spoon or spatula until the chocolate has completely melted.

Add a liqueur or spirit of your choice, stirring the mixture until smooth.

Place the bowl in the refrigerator to chill.

Once the ganache has settled and is firm enough to be molded, take a baking sheet and line it with wax or parchment paper. Use a small scoop or melon baller to scoop no more than two teaspoons of the chocolate and shape it into balls. Place the balls on the lined baking sheet.

Place the baking sheet inside the refrigerator until the chocolate firms.

Roll the balls in cocoa powder or coffee grounds.

Store inside the refrigerator.

Yield: 20 truffles

Per Serving (excluding unknown items): 410 Calories; 44g Fat (94.5% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber; 163mg Cholesterol; 45mg Sodium. Exchanges: 1/2 Non-Fat Milk; 9 Fat.