

Mexican Chocolate Cream Pie

Cooking Light Magazine

Servings: 8

Preparation Time: 35 minutes

Start to Finish Time: 4 hours

CREAM PIE BASICS

PREBAKE THE CRUST. Toast a crumb crust to seal it; completely bake and cool a pastry crust before spooning in the filling. This ensures the crust will stand up to the moisture in the custard without becoming soggy.

COOL AND CHILL FILLING: The filling will continue to thicken as it cools, so it is important to chill it well before slicing and serving. Place the saucepan directly in an ice bath, stirring occasionally to speed along the cooling process.

Ground red pepper adds a subtle but distinct kick to the pie, while instant espresso powder intensifies the flavor. Omit either or both if you prefer a standard chocolate cream pie.

CRUST

1 1/2 cups graham cracker crumbs (about 10 cookie sheets), divided

2 tablespoons sugar

1 teaspoon ground cinnamon

1/8 teaspoon salt

2 tablespoons egg white

2 tablespoons butter, melted

cooking spray

FILLING

1/2 cup sugar

2 tablespoons cornstarch

1 tablespoon unsweetened cocoa

1/4 teaspoon instant espresso powder

1/8 teaspoon salt

1/8 teaspoon ground red pepper

1 large egg

1 large egg yolk

1 3/4 cups 2% reduced-fat milk

2 ounces dark chocolate, chopped

1 1/2 cups frozen reduced-calorie whipped topping, thawed

Preheat oven to 375 degrees.

To prepare the crust, reserve 1 tablespoon crumbs for topping. Combine the remaining crumbs with sugar, cinnamon and salt in a bowl, stirring well. Stir in egg white and butter. Press crumb mixture into bottom and up the sides of a 9-inch pie plate coated with cooking spray. Bake for 9 minutes or until lightly toasted; cool completely on a wire rack.

To prepare filling, combine sugar, cornstarch, cocoa, espresso powder, salt, red pepper, egg and egg yolk in a bowl, stirring well with a whisk. Place the milk in a medium, heavy saucepan over medium-high heat; cook until milk reaches 180 degrees or until tiny bubbles form around edge (do not boil). Gradually add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat for 10 minutes or until thick and bubbly, stirring constantly; stir until smooth.

Place pan in a large ice-filled bowl for 10 minutes or until mixture cools, stirring occasionally. Spoon filling into crust and cover surface with plastic wrap.

Chill for 3 hours or until set; remove plastic wrap. Spread the whipped topping over filling; sprinkle with reserved cracker crumbs.