

Chocolate Mascarpone Pudding

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 17 minutes

Cook time: 5 minutes

4 egg yolks

1/4 cup sugar

1 teaspoon vanilla

6 tablespoons unsweetened cocoa powder

pinch salt

1 carton (8 oz) mascarpone cheese or cream cheese

1/2 cup whipping cream

In the top of a double boiler over simmering water, whisk the yolks and sugar until pale yellow, about 5 to 7 minutes (or use a large metal bowl set over simmering water in a saucepan; the bowl should not touch the water.) Continue whisking until the mixture falls in ribbons when the whisk is lifted from the bowl.

Whisk in the vanilla, cocoa and salt.

Whisk in the mascarpone until smooth.

Remove the top of the double boiler from the hot water. Press waxed paper against the surface of the pudding.

Refrigerate to chill, about 1 hour (the mixture will become firm as it chills).

Beat the cream in a small bowl until stiff peaks form. Fold into the pudding (the mixture may appear marbled).

Per Serving (excluding unknown items): 232 Calories; 17g Fat (62.5% calories from fat); 5g Protein; 18g Carbohydrate; 3g Dietary Fiber; 253mg Cholesterol; 20mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.