

Black currant lovers recipe

Serves 4 people

Black currant cream:

- 200 g cream
- 80 g black currants or blueberries
- 50 ml apple juice
- 30 g sugar
- 2 sheets of gelatin
- 5 g honey
- 1 small pack of vanilla sugar

Compote:

- 120 g black currants or blueberries
- 20 g black currant pulp
- 10 g cane sugar
- 2 g vanilla pulp

Chocolate cake:

- 60 g dark chocolate glaze
- 50 g butter for the cake mixture and 10 g to grease the cake tin
- 20 g sugar for the cake mixture and 20 g to sprinkle over the cake tin
- 2 eggs
- 30 g flour
- 1 pinch of salt

Preparation:***Black currant cream:***

- Beat the cream with vanilla sugar and honey until stiff
- Soak the gelatin in cold water, then squeeze to remove excess liquid
- Puree black currants with apple juice and sugar, then heat the gelatin with the pureed black currants on the stove. Dissolve the gelatin by stirring, then let cool at room temperature
- Put aside 20 g of the puree for the compote and mix the remaining puree with the cream, then serve as desired in small bowls or deep plates and allow to cool for at least an hour

Compote:

- Mix black currants with 20 g of black currant puree, cane sugar and vanilla pulp

Chocolate cake:

- Melt the chocolate and butter together in a water bath by placing a bowl over a pan (filled with water) on top of the stove at approx. 32°C
- Beat together the eggs and sugar until stiff
- Now briefly beat together the chocolate butter with the cream
- Mix the flour and a pinch of salt together to create a consistent mixture
- Pour into a bake-proof, buttered and sugared bake tin (suitable for approx. 500 ml)
- Bake for 15-20 min. at 180°C in a fan oven
- Finally, leave to cool

Decorate and serve the black currant cream with the compote and chocolate cake

Energy value per portion

551.18 kcal

7.99 g protein

40.3 g fat

37.62 g carbohydrates

Energy value of the recipe

2164.72 kcal

31.93 g protein

161.1 g fat

150.46 g carbohydrates