

Chocolate Mousse and Caramel Shortbread Cups

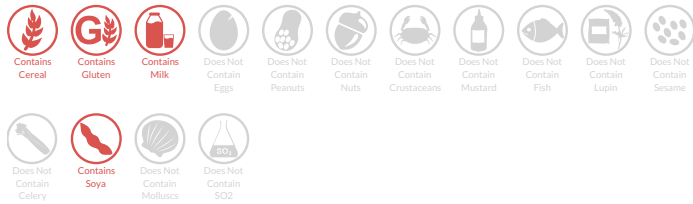
Ingredients

Product	Quantity
Silver Spoon Caster Sugar 10kg	55.00 g
Vanilla Extract 6 x 95ml	1.00 g
Dr Oetker Professional Scotbloc Plain Chocolate Flavoured Bar 750g	100.00 g
MARSCAPONE 500G	250.00 g
Caramel Topping Sauce 1kg	200.00 g
Arla British Unsalted Butter 250g	125.00 g
McDougalls Plain Flour 3kg	180.00 g

Serves: 16

Allergy Information

Key: Contains May Contain

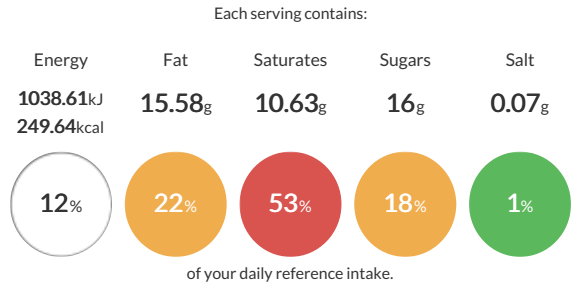


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	1038.61kJ 249.64kCal
Protein	2.52g
Carbohydrates	24.55g
of which sugars	16g
Non Milk Extrinsic Sugars	0g
Fat	15.58g
of which saturates	10.63g
Fibre	0.36g
Salt	0.07g
Sodium	0.02g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

For the basic shortbread cups, beat together the butter and sugar until light and fluffy (this takes about 3 minutes using an electric whisk or food mixer) Add the flour and vanilla essence and mix until well combined. You should end up with a nice soft dough. Scoop a heaped tablespoon of the mixture and roll it into a ball, repeating until you have sixteen balls Grease a mini muffin tray with butter, and then pop each ball into a muffin hole. Using the handle of a wooden spoon (or something similar like a honey drizzler), push down gently into each ball and make a little well in the centre, this will be for the fillings. Pop the tray into the freezer for 15 minutes or so to chill Preheat the oven on to 190°C/gas mark 5 Bake the shortbreads for 20 minutes and then take them out of the oven. Using the spoon handle, honey drizzler or your thumb, gently push down again on the cavity as the shortbread is likely to have puffed up. It will also help the inside of the shortbread to cook a little more. Put the tray back in the oven for 5 more minutes and then leave the shortbreads to cool Make the chocolate mousse by melting the chocolate in a heatproof bowl at 30-second intervals in the microwave. Leave it to cool slightly and then mix in the mascarpone and chill in the fridge while you fill the shortbreads Remove the shortbread cups from the tray and fill each cavity with a spoonful of the caramel sauce. Pipe or dollop the mousse on top. I topped mine with strawberries for an extra flourish!

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