

## Dessert

---

# Dark Chocolate-Espresso Pudding

Cathy Pollak - special to Tribune Media Services  
Palm Beach Post

**Servings: 14**

**4 cups milk**

**3/4 cup sugar**

**1/4 cup cornstarch**

**2 1/2 tablespoons unsweetened cocoa powder**

**1 1/2 tablespoons instant espresso powder**

**1/8 teaspoon ground cinnamon**

**1/8 teaspoon salt**

**9 ounces good quality bittersweet chocolate (70 percent cacao), chopped**

**1 1/2 tablespoons vanilla extract**

**WHITE CHOCOLATE WHIPPED CREAM**

**1 cup heavy cream**

**4 ounces good quality white chocolate**

In a large saucepan, whisk the milk, sugar, cornstarch, cocoa, espresso powder, cinnamon and salt until blended. Bring to a boil over medium-high heat, stirring constantly with a whisk.

Boil for 1 minute, continuing to whisk until thickened. Remove from the heat.

Add the dark chocolate and vanilla extract. Stir until the chocolate is melted and the pudding is smooth.

Pour into fourteen 2-ounce espresso cups. Cover with plastic wrap and refrigerate until firm, at least two hours.

For the whipped cream: In a medium sized saucepan, simmer the heavy cream over medium heat. Pour the hot cream over the white chocolate. Stir until smooth.

Cover and refrigerate until completely cold. This can be made up to one day ahead.

Before serving, dollop a spoonful of whipped cream on each cup of pudding.

Garnish with shavings of dark chocolate.

---

Per Serving (excluding unknown items): 158 Calories; 9g Fat (49.2% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 59mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.