

Chocolate parfait with pistachio praline

By Mary Contini

BBC
RADIO



Ingredients

280 ml/10 oz double or whipping cream

50 g caster sugar

4 tablespoons water

120 g dark chocolate drops, 65-70% cocoa solids, crushed

3 eggs yolks

100g plump raisins soaked in enough Marsala or Rum to cover

60 g granulated sugar

60 g fresh pistachios

Method

Prep Time: 3 hours

Serves: 6-8

For the parfait

1. Lightly whip the cream into loose ribbons and refrigerate.
2. Dissolve the caster sugar in the water and boil for 3 -4 minutes to make a syrup.
3. Pour the boiling syrup over the chocolate drops and whisk it quickly so the chocolate melts.
4. Stir in the egg yolks and blend together to make a shiny mixture.
5. Pour this into the chilled whipped cream and mix until everything is smooth and evenly dispersed.
6. Add the raisins and marsala and mix everything together.
7. Share between 6-8 small cups or ramekins and freeze.

For the pistachio praline

1. Add the granulated sugar to a small heavy frying pan and allow it to melt. Move it around and let it cook until it starts to brown at the edges and turns to toffee.
2. Add the fresh pistachios and turn them in the toffee so they are well coated.
3. Pour onto a greased proof paper and allow to cool.
4. Once cooled, cover the praline with more greaseproof paper and crush it with a rolling pin .

To serve

Remove parfait before serving, decorate with more marsala soaked raisins or some crushed pistachio praline or just some whipped cream.