

# Mayan Chocolate Pudding

Phillis Carey, cooking instructor, 5/2018



2 cups heavy cream  
2 cups whole milk  
12 ounces bittersweet chocolate, finely chopped (72% or higher)  
1/4 teaspoon ground cinnamon  
1/4 teaspoon kosher salt  
1/8 teaspoon ground chipotle chile powder  
1/8 teaspoon ground allspice  
12 large egg yolks  
1/2 cup sugar  
1 teaspoon vanilla  
sweetened whipped cream with cinnamon and vanilla added

*Per Serving (excluding unknown items): 403 Calories; 37g Fat (75.0% calories from fat); 8g Protein; 20g Carbohydrate; 4g Dietary Fiber; 273mg Cholesterol; 85mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 7 Fat; 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 12

1. Preheat oven to 325°F. In a medium saucepan, combine the cream and milk and bring to a boil over moderate heat. Be careful as it reaches boiling as it may boil over. Remove from heat and whisk in chocolate until completely melted, then whisk in cinnamon, salt, chipotle and allspice.
2. In a large bowl whisk egg yolks with sugar until pale, about 2 minutes. Gradually whisk in the hot chocolate mixture until smooth. Whisk in vanilla. Ladle the custard into twelve 5-ounce ramekins. This is very rich, so you may use smaller containers and serve about 3 ounces each, in which case you'd likely be able to serve 16.
3. Set ramekins in a large roasting pan or two deep baking pans and transfer them to the middle of the oven. Fill the roasting pan with enough boiling water to reach halfway up the sides of the ramekins. Bake for 40 minutes (less if using small containers), until the puddings are set but still slightly wobbly in the center. Using tongs, transfer ramekins to a baking sheet and cool, then chill at least 4 hours, or up to 2 days. Top the puddings with a dollop of whipped cream with sugar, cinnamon and vanilla added.