

# Steamed Chocolate Pudding

Mrs. M. E. Pout of Worplesdon, England

Gourmet Magazine, about 1970

Internet Address:



*A traditional steamed pudding, but with no glaceed fruits*

1/2 cup unsalted butter, at room temperature

1/2 cup sugar

4 whole eggs, separated

1 cup ground almonds

4 ounces unsweetened chocolate, grated

Butter for greasing the mold

1 cup whipping cream, whipped

*Serving Ideas: If you prefer, this can be served with a rum or brandy sauce (1/2 cup softened butter, 1 1/2 cups powdered sugar and about 2 T. of rum or brandy, chill before serving).*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 16

*Be sure to grind up the almonds very finely, but not so much that they turn into glue. If possible, buy already ground almond meal/flour.*

1. Beat the egg whites until stiff and able to hold peaks. Don't overbeat.
2. In a large bowl combine the butter and sugar until mixture is creamy. Stir in the 4 egg yolks which have been lightly beaten, the ground almonds and the unsweetened chocolate. Combine until it's smooth.
3. Gently fold in the beaten egg whites and stir and fold until there are no major streaks of egg white showing.
4. Pour the mixture into a well-buttered steam mold (or use a heavy ceramic bowl and tie several thicknesses of foil around the top).
5. Stand the mold in a large kettle and add hot water to reach 2/3 of the way up the outside of the mold. Bring the pot to a low simmer and steam the pudding for 90 minutes. Remove from water, dry it off on the outside, then gently remove the steamed pudding from the mold. Cut into thin slices to serve, with a mound of whipped cream on the side.

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Per Serving (excluding unknown items): 230 Calories; 21g Fat (75.1% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 89mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.