

CBD Chocolate Pot De Crème

Ingredients

125g Chopped Dark Chocolate of your choice (70-85% Cocoa)
145g 35% Cream
145g Whole Milk (3.25%)
56g Egg Yolks
10g Organic Cane Sugar
1g Kosher Salt
8ml Solei “Free” Oil (1ml =10ml CBD)

Garnish: Fresh Chantilly Cream, Shaved Chocolate, Mint or CBD Sugar Leaf (kept in ice water to keep crisp) if desired

Method

1. Bring the milk and cream to a small simmer in a pot over medium low heat. Keep a close eye, you do not want this to boil over.
2. While the cream mixture is coming up to a simmer, whisk the egg yolks, sugar, and salt together in a large bowl.
3. While whisking the yolk-sugar-salt mixture, very slowly begin to pour in half of the infused cream. Continuously keep whisking to be sure that you don't begin to curdle the eggs! This is called 'tempering', to even out the temperatures of our custard.
4. Away from the stove, pour the tempered egg mixture back into the pot with the remaining cream infusion and whisk well to combine.
5. Place the pot back on the stove over low heat. Continuously stir to ensure even heating of the mixture. The only goal here is to not overheat the mixture and begin to scramble our eggs! Pay close attention. We are looking to bring this mixture to 85C if you have an instant read thermometer. Alternatively, we are looking for this mixture to thicken ever so slightly, so that a clean line is left behind when you run your finger through the custard on the back of a wooden spoon. This will take only about 2 minutes.
6. As soon as our desired temperature/consistency is reached, remove the pot from the heat and incorporate the chocolate mixture and CBD oil, whisking well to combine and melt the chocolate, creating a smooth emulsion. Pay close attention to get the bottom and corners of the pot.
7. An optional step at this point is to aerate the mixture with an immersion blender. It will incorporate air and lighten up the mixture while ensuring it's completely homogenous.
8. Pour the mixture evenly across four mason jars provided. Transferring the mixture to a cup with a spout is a good idea to ensure a clean pour. Any ramekin, glass jar, or traditional “pots” will work well here.
9. Wipe the edges with a damp paper towel here if you spilled, to ensure a clean presentation. Tap jars slightly on a towel-lined counter to ensure an even layer.

10. Label well (Contains THC! as well as your name for in class) and place on a tray in the fridge to set. They should set for a minimum of 2 hours. Cover lightly with plastic wrap after 20 minutes (to make sure there is no chance of steam condensation dripping on top).
11. Ideally, thirty minutes prior to serving pull the pot de crème from the refrigerator to allow the chocolate to temper slightly.
12. As the 'pots' temper, make a Chantilly cream as directed.

Infused Cream

Chantilly Cream

300ml 35% Whipping Cream

25g Organic Cane Sugar (or Vanilla Sugar)

1 Vanilla Bean, Split and Scraped

1. Add all ingredients to the base of a stand mixer, and whip on high speed until stiff peaks form. Be sure to not over whip, or it will become grainy in texture. Use immediately.

Dosing

Recipe makes 4 portions

80mg CBD / 4 Portions = 20mg CBD per portion