

Chocolate and Mint Fool

For chocolate and mint fool to feed 6 you will need:

300g plain chocolate
2 tins (400g) custard
Mint essence
300ml double cream
1 large sharp knife
1 chopping board
1 white bowl
1 wooden/plastic spoon
1 whisk
1 Large dixie



1. Using the large knife, chop the chocolate into small squares.
2. Pour the custard into the dixie and add the chocolate.
3. Heat slowly over a gentle heat, stirring occasionally, until all the chocolate has melted and the mixture is smooth and well combined.
4. Stir 1 teaspoon of mint essence into the custard mixture and remove from the heat and allow it to cool.
5. Tip the cream into a white bowl and whisk it into soft peaks.
6. Carefully fold the cream into the cooled custard and leave to set, just as you would angel delight.
7. Divide between 6 bowls and enjoy!