

## NUTRITION: Lazza's Kitchen Adventure Chocolate Pudding and Chocolate Custard

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Chocolate Pudding and Chocolate Custard from scratch

### Ingredients

250g Unsalted Butter: 200g Brown Caster Sugar  
50g Dark Brown Sugar: 4 Eggs  
250g Self Raising Flour: 1 teasp Baking Powder  
2Tbsp Cocoa Powder: 50g Grated Dark Choc  
125ml Warm Whole Milk; Vanilla Extract  
Custard: 300ml Whole Milk:  
300ml Double Cream: 4 Large Egg Yolks  
1 teasp Cornflour: 3 tblsp Cocoa Powder  
3 tblsp Golden Caster Sugar

Preheat the oven to 180°C/fan160°C/gas 4.

Beat the butter with an electric hand mixer or in a stand mixer until soft, then add the sugars and beat for 5 minutes until light and fluffy.

Gradually add the eggs, beating well after each addition. Sift over the flour, baking powder and cocoa, then carefully fold through the mix along with the grated chocolate. I also added some melted chocolate.

Add the vanilla extract and enough of the warm milk to create a smooth mixture with a dropping consistency. Pour into the tin and bake for 45-50 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile make the custard. Heat the milk and cream together until almost boiling. Whisk the egg yolks in a bowl with the sugar, cocoa and cornflour, then pour the hot milk and cream over the top. Whisk well, then return to a clean pan.

Cook over a low-medium heat, stirring constantly, until it forms a custard that thickly coats the back of a wooden spoon. Set aside. Turn out the sponge and cut into equal squares. Serve warm with the chocolate custard poured over

In the late 19th and early 20th century, chocolate pudding was thought of as an appropriate food for invalids or children as well as a dessert. It was not considered a health food in the modern sense of the term but as a wholesome, high-calorie food for those with poor appetites.

Custard became a popular food in the middle ages when it was paired with pastry to become a custard tart. The origin of the word custard actually dates back to the middle ages, coined from the French term 'croustade' originally referring to the crust of a tart, and can also be linked to the Italian word 'crostata'.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.

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This was a great, and very tasty, dessert to prepare.