

## Smith's Chocolate Pot du Crème

5 farm fresh egg yolks  
5 tablespoons sugar ( I use Zero brand erythritol )  
¼ teaspoon salt

Whisk together in a bowl, then add:

1 ¾ cup Promised Land ( Jersey Cow ) milk and  
½ cup heavy cream. *Raw milk may not be right for this recipe  
due to the fact we are not using a water bath method.*

Mix well and pour into a heavy sauce pan.

Clean out the bowl.

Stir constantly over medium heat until mixture coats the spoon.

The temperature should be around 165+ degrees.

Do not let it boil or it will curdle.

While doing the above crème anglaise, with your third hand,  
chop 7 ounces of dark 78% chocolate and put into the cleaned bowl.

Once the crème anglaise is ready, pour it through a fine strainer over the chopped  
chocolate and let sit for a few minutes. At this point you can add 1 tablespoon of vanilla  
and 1 teaspoon of brewed espresso. I do not add either. This is just my taste.

Then mix thoroughly until very smooth.

Pour into ramekins or little pots. This recipe will make 8 smaller portions or 6 nicer  
portions. Cover and refrigerate for 4 hours.

Let stand for 30 minutes before serving. Top with fresh whipped cream.

So....where do you find those cute little pots with the lids you ask?

**<http://www.bridgekitchenware.com/browse.cfm/porcelain-pot-de-creme-with-lid-4.75oz-2.75in/4,4631.html>**