



Valentines Desserts by Sian Hindle

February is a cool month until it all hots up for Valentine's Day. If you are looking for a personal and intimate way to celebrate that special person in your life, why not stay home and cook them a special meal.

The food of love should be light, nibbly and fun to eat.

The starter should be eaten with fingers, the mains with cutlery and the dessert shared with a spoon.

The menu should not be too filling and full of flavour. It should be intense and rich and decadent.

With all this in mind, I have developed three dessert recipes designed to appeal to everyone's tastes.

Check out our blog www.lacreme.typepad.co.uk to see further examples of our award winning cakes and if you try the recipes please post a comment on how you got on.



Melting Hot Chocolate Fondant Serves 2

50g Unsalted Butter

2tsp Cocoa Powder to Dust

50g Dark Chocolate 70% Cocoa Solids

1 Egg

1 Egg Yolk

50g Caster Sugar

50g Plain Flour

1. Heat the oven to 160°C/Gas 3. Butter two large ramekins (heart shaped if possible), then dust liberally with the cocoa powder. Melt the chocolate and butter gently in the microwave, stir until smooth. Leave to cool for 10 mins.
2. Using an electric whisk, whisk the whole egg, egg yolk and sugar together until it is pale and thick, then fold in the chocolate mixture.
3. Sift the flour over then mixture, then gently fold in using a metal spoon. Divide between the ramekins and bake for 12 minutes until set with a slight wobble in the middle. Turn the fondants onto warmed plates and serve immediately with drizzled cream or ice cream.





Raspberry Shortbread Hearts

225g Unsalted Butter
100g Caster Sugar
115g Semolina
200g Plain Flour
1 punnet Raspberries
1 small pot Double Cream

1. Preheat the oven to Fan 140°C/Gas 3.
2. In a food processor, place the butter, sugar, semolina and flour, mix to a firm dough.
3. Roll out to 5mm thick on a sheet of baking parchment. Bake for 20 minutes, until lightly golden brown.
4. Using a heart shaped cutter, cut out shortbread hearts immediately, before the biscuit cools.
5. Assemble the hearts by piping a rosette of cream to the centre of the cooled heart and lining the edges with raspberries.
6. Place a second heart on top and top with raspberries. Dust with icing sugar and chill until ready to serve.





Coconut and Lime Pannacotta

400g Canned Coconut Milk

350g Double Cream

50ml Malibu

200g Caster Sugar

5 sheets Gelatine

Sweetened Desiccated Coconut

Zest of 1 Lime

6 plastic cups, oiled with Olive Oil

1. Measure the coconut milk, cream and sugar into a saucepan, bring slowly to the boil, stirring continuously.
2. Place the gelatine sheets in a jug of cold water to soften. Once the cream mixture is heated, remove the softened gelatine from the water and add to the cream mixture, stir in to dissolve.
3. Divide the mixture between the oiled plastic cups or ramekins.
4. Place in the fridge to set for 4 hours.
5. Once set give a firm shake to turn out onto a plate. Serve with a coconut biscuit and a, decorated with lime zest.



This is one of our new desserts at

Swansea Life's Best Restaurant La Parrilla

La Crème Patisserie Centre of Excellence

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