



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

CHOCOLATE CRÈME BRÛLÉE

Ingredients

3 cups fat-free half-and-half	3 Tbsp. plus 1 tsp. mini chocolate chips
$\frac{1}{2}$ cup unsweetened cocoa powder, sifted	Scant $\frac{1}{2}$ cup sugar
1 $\frac{1}{2}$ cup egg substitute	1 cup fresh raspberries
$\frac{2}{3}$ cup sugar	

Directions:

Preheat oven to 325°F. In a medium microwave-safe bowl, whisk together half-and-half and cocoa (the mixture will be lumpy). Cover with plastic wrap. Microwave on 100 percent power (high) for 1 minute to 1 minute 30 seconds, or until the half-and-half is slightly warm. Whisk the mixture again to help dissolve the lumps. Whisk in the egg substitute and $\frac{2}{3}$ cup sugar. Pour $\frac{1}{2}$ cup mixture into each of ten 6-ounce broiler proof custard cups.

Spoon 1 tsp. chocolate chips into the middle of each custard cup. Place the custard cups on a 17x12x1-inch rimmed baking sheet or large baking pan. Fill the baking sheet half full with warm water, or fill the baking pan to a depth of 1 inch.

Bake for 30 to 35 minutes, or until the center is set. The brulee shouldn't jiggle when gently shaken. Transfer the baking sheet to a cooling rack. Carefully transfer the custard cups to another cooling rack. Let cool for 15 minutes. Cover and refrigerate a minimum of 2 hours before serving. The brulee can be made up to 2 days before serving.

At serving time, preheat the broiler. Uncover the custard cups. Sprinkle 2 teaspoons sugar over each serving. Put the cups on a broiler proof pan. Broil with the tops of the cups about 2 inches from the heat for 2 to 4 minutes, or until the sugar is caramelized (watch carefully so it does not burn). To serve, put each custard cup on a plate. Garnish the crème brûlée with the raspberries.

Yield: 10 serving

Executive Chef Dan Philips, Market Place, University of Indianapolis, 1400 E Hanna Ave.
Indianapolis 317-788-3229

Nutrition Information: 170 Calories, 3 gm fat, 1 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 30 gm carbohydrate, 2 gm fiber, 8 gm protein, 130 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**