

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Chocolate & Honey Fondue

a decadent treat that is ready in under 25 minutes!



### Ingredients – serves 2 people

125ml whipping cream  
25ml semi skimmed milk  
2 drops vanilla essence  
½ Tbsp ground ginger  
170gm dark chocolate (roughly broken up)  
2 Tbsp honey  
Strawberries (washed / dried / de-stalked & cut in half)  
Raspberries (washed / dried)  
Mango (peeled / cut into bite size pieces)  
Fresh Coconut (cut into bite size pieces)  
Chocolate Brownies (store bought / cut into bite size pieces)

### Method

Place the milk, cream, honey, essence and dried ginger in a pan and bring to a gentle boil.  
Place the broken chocolate into a heatproof bowl.  
Pour the hot cream mix through a sieve onto the chocolate.  
Whisk together gently until fully mixed.  
Pour the chocolate sauce into a serving bowl.  
Place bowl of chocolate sauce onto your serving platter/tray.  
Arrange the prepared fruit and brownie around the bowl.

### Notes from the chef:

The intensity of the fondue will depend on the strength of cocoa – 50% is good.  
Use whichever fruits or pretzels or cake that you prefer!  
Warm the serving bowl for 10 seconds in the microwave to help keep warm.  
The quantities can be increased to make a fun family dessert.

Tbsp - tablespoon  
Tsp - teaspoon