

I cioccolatini dei mendicanti

Les Mendiants

This is actually a speciality from the south of France. But the little discs, called mendiants, taste so delicious and are such fun to make that we like to recommend this treat with an espresso.

A sweet treat

100 g chocolate, dark, milk or white
break into pieces and melt carefully in a bain-marie,
then leave to stand for 3 minutes.
or do all three colours one after the other !

Ingredients in tiny quantities for the decoration :

Put out whatever you have in stock,
e.g. peeled almonds, pistachios, figs, raisins,
dates, dried apricots, barberries,
candied lemon, orange and citron, all of it
cut into small strips.
spices such as peperoncino, pepper, peppercorns,
cinnamon.

Two ways of making them :

Silicone muffin moulds are perfect. Otherwise take
a board or tray lined with baking parchment and put
a little hot chocolate onto the paper
with a teaspoon.

You are aiming for circles 4 – 5 cm across.
Smooth them out if necessary. With the muffin
moulds no smoothing is needed.

For both versions : do not spread them too thin,
or they will break when you take them out.

Once you have placed a few little mounds of
chocolate, decorate them just as you please.

after decorating :

Put the discs with their base in a cool place and
let them harden.

Then they come away easily.

