

Dark Chocolate & Blueberry Cream Cups

ダークチョコレートとブルーベリーのクリームカップ

Yield

6 tall dessert glasses (*Values in green indicate 3 servings*)

Designed for glasses approximately 6 cm diameter × 12 cm tall, filled nearly to the rim.



Ingredients

Dark Chocolate Cream

- 400 g silken tofu (絹ごし豆腐), thoroughly drained (**200 g**)
- 170 g 72% couverture chocolate (72%クーベルチュールチョコレート), finely chopped (**85 g**)
- 200 ml heavy cream (生クリーム) (**100 ml**)
- 25 g powdered sugar (粉砂糖) (**13 g**)
- 1½ Tbsp maple syrup (メープルシロップ) (**2 tsp**)
- 2 tsp freshly brewed espresso, cooled (エスプレッソ) (**1 tsp**)
- 2 tsp vanilla extract (バニラエッセンス) (**1 tsp**)
- ¼ tsp fine sea salt (**⅓ tsp**)
- ½ tsp finely grated orange zest (optional but highly recommended) (オレンジの皮) (**¼ tsp**)

Quick Blueberry Coulis (*or make the full amount for leftovers*)

- 200 g frozen blueberries (冷凍ブルーベリー) (**100 g**)
- 1 Tbsp sugar (砂糖) (**1½ tsp**)
- 1 tsp fresh lemon juice (レモン汁) (**½ tsp**)
- 1 tsp cornstarch (コーンスターチ) (**½ tsp**)
- 1 Tbsp cold water (**1½ tsp**)
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Garnish

- Fresh blueberries (ブルーベリー)
- Dark chocolate curls or shavings (ダークチョコレート)
- Small mint sprigs (ミント)
- Optional:
 - Finely grated orange zest

Equipment

- Food processor or blender
 - Small saucepan
 - Fine grater (Microplane)
 - Large piping bag
 - Bench scraper
 - Small silicone spatula
 - Six tall dessert glasses
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Preparation

Prepare the Blueberry Coulis

1. Combine in a small saucepan:
 - frozen **blueberries**
 - **sugar**
 - **lemon juice**
 2. Cook over medium heat for **3–4 minutes**.
The berries should soften while some remain whole.
 3. Mix together **cornstarch** and cold **water**. Stir into the blueberries. Simmer about **1 minute** until lightly thickened. The coulis should remain spoonable rather than becoming jam-like. Transfer to a bowl. Cool completely then refrigerate.
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Melt the Chocolate

1. Place the chopped chocolate in a heatproof bowl.
 2. Melt gently over barely simmering water or in short microwave bursts.
 3. Stir until completely smooth. Allow to cool slightly.
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Prepare the Chocolate Cream

Place into the food processor:

- drained silken **tofu**
- melted **chocolate**
- heavy **cream**
- powdered **sugar**
- maple **syrup**
- cooled **espresso**
- **vanilla**
- **salt**
- **orange zest** (if using)

Blend for **2–3 minutes** until perfectly smooth and glossy. Taste. If desired, add a little more maple syrup.

Refrigerate for **20–30 minutes** to firm slightly before assembling.

Assembly

Use a large piping bag without a decorating tip.

Cut a 12–15 mm opening.

Layer 1

Pipe approximately **70 g chocolate cream** into each glass.

Tap gently on the counter.

Layer 2

Spoon approximately **20–25 g blueberry coulis** over the cream.

Layer 3

Pipe another **70 g chocolate cream**.

Tap gently.

Layer 4

Another **20–25 g blueberry coulis**.

Layer 5

Finish with approximately **70–80 g chocolate cream**.
Smooth gently.

Garnish

Decorate each glass with:

- several fresh **blueberries**
- **chocolate curls**
- a small **mint** sprig

Optional:

- a little finely grated **orange zest**
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Chill

Cover and refrigerate **at least 4 hours**. Overnight is ideal.

Presentation & Assembly Tips

Pipe Rather Than Spoon

Tall glasses are much easier to fill neatly with a piping bag.
The layers remain clean and professional.

Assembly Line Method

Complete one layer in every glass before beginning the next.
This keeps every serving identical.

Tap Between Layers

A gentle tap removes air pockets and levels the cream.

Keep the Glasses Clean

If cream touches the inside of the glass,
wipe immediately with a damp paper towel before adding the next layer.

Minimize Waste

When almost finished piping:

- twist the bag tightly
- push the cream toward the tip with a bench scraper

Finally:

- cut open the bag
- scrape out the remaining cream using a silicone spatula

This usually recovers enough for one small tasting bowl.

Chef's Notes

Silken tofu is used not because it is noticeable, but because it produces an exceptionally silky mousse while adding protein and reducing saturated fat. Using good-quality 72% couverture chocolate creates a richer chocolate flavor than ordinary chocolate chips.

Fresh espresso subtly deepens the chocolate without making the dessert taste like coffee.

The optional orange zest brightens the chocolate and pairs beautifully with the blueberries, adding complexity rather than a distinct orange flavor.

Variations

Cherry Version

Replace blueberries with cherries.

Raspberry Version

Replace blueberries with raspberries.

Orange Supreme

Increase orange zest to 1 tsp and garnish with candied orange peel.

Mocha Version

Increase espresso to 1 Tbsp.

Hazelnut Version

Top with toasted chopped hazelnuts.

Black Forest Version

Layer with cherries and finish with lightly whipped cream.

Storage

Refrigerator:

4–5 days

Do **not** freeze, as the texture becomes grainy after thawing.

Nutrition (Approximate)

Per Serving (6 servings)

Kcal: 335 | Protein: 9 g | Fat: 25 g | Sat Fat: 12 g | Carbs: 22 g | Sugars: 16 g | Fiber: 3 g | Sodium: 110 mg | Omega-3: 0.3 g

Whole Recipe

Kcal: 2,010 | Protein: 54 g | Fat: 150 g | Sat Fat: 72 g | Carbs: 132 g | Sugars: 96 g | Fiber: 18 g | Sodium: 660 mg | Omega-3: 1.8 g

Recipe Notes

Layering a bright blueberry coulis, and finishing with fresh berries and mint, this is a refined spoon dessert elegant enough for dinner parties, yet simple enough to prepare a day in advance. The tofu disappears into the background, contributing only its silky texture and protein, while the chocolate remains the unmistakable star of the dessert.