

Chocolate Silk Pie

Serves: 16 slices or 24 mini pies

INGREDIENTS

Crust

1 cup (240 milliliters) pitted dates, packed

1½ cups (360 milliliters) toasted walnuts or almonds

1/3 cup (80 milliliters) Dutch cocoa powder

Pie filling

2 12-ounce packages (720 grams total) firm silken tofu

¼ cup (60 milliliters) maple syrup

2 teaspoons (10 milliliters) pure vanilla extract

Pinch of salt, optional

2½ cups (600 milliliters) dark chocolate chips or chunks

Topping (optional)

1 14.5-ounce (400-gram) can full-fat coconut milk or coconut cream, set for a couple days at room temperature, then refrigerated overnight before using

½ teaspoon (2.5 milliliters) pure vanilla extract

Powdered sugar, to taste (generally, a couple tablespoons [about 30 milliliters])

Fresh berries or chocolate shavings, optional



A question always asked in class is, “what do you use silken tofu for?” Well, this is one super delicious, decadent way to use it! No one that eats this will suspect it was made with tofu. To highlight the Dessert Flip, serve very thin slices of this pie with a pile of fresh berries. Alternatively, make mini “pies” using a mini muffin pan; this will make for more attractive plating when presenting individual servings as a Dessert Flip.

INSTRUCTIONS

1. Add dates (for the crust) to a mixing bowl and cover with hot water; soak 10 minutes. Then, drain and set aside.
2. Filling: To make the filling, add tofu, maple syrup, vanilla extract, and salt (optional) to a blender and blend until completely smooth. Meanwhile, add chocolate to a glass mixing bowl and melt in the microwave by heating in 15-second increments then stirring repeatedly until chocolate is completely melted and warm to the touch. (Alternatively, use a double boiler and melt until completely smooth, stirring while heating.) Pour warm melted chocolate into blender while running on low to combine then increase speed to whip and incorporate a little air which will lighten the mousse. Transfer the chocolate mixture out of the blender and into a bowl while working on the crust.
3. Crust: To make crust, pulse nuts and cocoa powder in a food processor until the mixture has a mealy consistency; remove from processor. Next, add drained dates and pulse until this resembles a slightly chunky paste. Add back in nut mixture and pulse just enough to combine.

4. Dump the crust mixture into one of the following types of pans: 9- or 10-inch (23- or 25-centimeter) springform pan, 8 x 8-inch (20 x 20-centimeter) brownie pan, pie plate, or divide evenly among the cups of a mini muffin pan. Cover with plastic wrap and press to cover the bottom of pan for springform or brownie pans. If using a pie plate or mini muffin cups, press evenly over the bottom and sides.
5. Pour filling into prepared crust and refrigerate for several hours.
6. Topping: Open can of coconut milk or cream and scrape solid portion of contents into a mixing bowl. Add vanilla extract and a couple tablespoons (about 30 milliliters) of powdered sugar and whip with hand mixer, stand mixer, or whisk until it resembles whipped cream.
7. Assembly: Remove pie from refrigerator and spread on/decorate with whipped coconut cream topping. Top with fresh berries or chocolate shavings as desired. Serve or refrigerate until serving.

N O T E S

- The coconut topping can weep, so it's best to add this to the pie the day you plan to serve it. Alternatively, you can omit the whipped topping altogether for a more healthful dessert (with fewer calories and less saturated fat).
- Pie crust can be made ahead and frozen. Alternatively, you can use a prepared chocolate wafer or graham cracker crust OR another nut-based crust with equally delicious results.
- If making 24 mini pies, calories and fat/saturated fat are reduced by $\frac{1}{3}$ compared with 16 servings used for the nutrition information, below.

Nutritional Info (per $\frac{1}{16}$ pie with coconut topping and $\frac{1}{4}$ cup [25 grams] fresh berries): Calories 366, Total Fat 23 g, Saturated Fat 10.5 g, Cholesterol 0 mg, Sodium 30 mg, Total Carbohydrate 35 g, Dietary Fiber 6.5 g, Sugars 23.6 g, Protein 7.7 g, Vitamin A 0%, Vitamin C 14%, Calcium 7%, Iron 19%

Nutritional Info (per $\frac{1}{16}$ pie with $\frac{1}{4}$ cup [25 grams] fresh berries, but without coconut topping): Calories 324, Total Fat 19.5 g, Saturated Fat 7.1 g, Cholesterol 0 mg, Sodium 30 mg, Total Carbohydrate 33 g, Dietary Fiber 6.3 g, Sugars 22.6 g, Protein 7.3 g, Vitamin A 0%, Vitamin C 14%, Calcium 6%, Iron 17%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
