

Pistachio Paste

Ingredients

125g raw, unsalted, peeled pistachios
30g of almond powder
62g powdered sugar
18g of water
3 drops of bitter almond extract
1 tbsp peanut (or sunflower) oil

Preparation

The flavor of pistachio is not very pronounced at the base, and to enhance its aroma, you have to do two things: roast it, and add a few drops of bitter almond. The latter highlights the taste of the pistachio, but you should definitely not add too much.

As a general rule, all dried fruits should be roasted before use. This considerably increases their aroma tenfold.

1. Roast the pistachios: place them on a baking tray, and leave them in the oven for 15 minutes, at 150° fan.
2. In a saucepan, pour the water, then the sugar. Add the thermometer probe, and boil the syrup until it reaches 121°.
3. When the sugar is at 121°, add the pistachios all at once, and stir everything:

Here are the roasted pistachios. When you add them to the sugar, the pistachios will sand, this is normal.

4. Now place the pistachios thus covered with sugar with the almond powder and the bitter almond in the food processor fitted with a knife, and mix for a few minutes:

Stop the robot and add the tablespoon of oil (if you look carefully you will see it in the photo):

5. Now you have to mix for a long time! It takes between 5 and 10 minutes. You will see, after a while the pistachio heats up and releases its fat, which will give a superb, slightly liquid paste. If you see that your robot is suffering too much, stop it for a few moments. But don't confuse tank heating with engine heating! It's normal for the bowl to be hot, it's the pistachios that heat up. The engine is underneath, and as long as it stays cold everything is fine.

Place the pistachio paste in an airtight glass jar and store at room temperature.

And there you have it! Ganaches, ice creams, cakes, creams are yours! Pistachio is a gem, I am sure you will know how to use it well...