

Module 8

OTHER CONFECTIONS

In this module, you will learn how to make truffles, bars and other confections that are a bit more elaborate and need a final coat of tempered chocolate. Unlike bonbons, in this case it won't be necessary to use freshly-made tempered chocolate: you can use bars you've already prepared. However, you'll still need to temper more chocolate in order to make all the recipes in the module.

8.1 Candied Ginger Truffles



8.1.1 Candied Ginger

Ingredients

- 40 g organic ginger, thinly sliced
- ½ cup water
- 65 g coconut sugar
- A pinch of pink Himalayan salt

Method

1. Using a mandolin or a very sharp knife, cut the ginger into thin slices. If the ginger is not organic, you can easily remove the skin using a spoon. Weigh out 40 grams and set aside.
2. Pour the water and coconut sugar in a saucepan and turn on the heat to medium-high.
3. Once it comes to a boil, add the ginger, reduce the heat and cover the saucepan. Cook for about 30 minutes, until the caramel reduces and a dark syrup is formed.
4. Strain the syrup.
5. Transfer the syrup to a small container as you will use it later in the recipe. If it gets very thick and sticky, you can reheat it to make it easier to pour.
6. Prepare a lined tray covered with coconut sugar.
7. One by one, coat the ginger slices with the sugar and transfer them to a cooling rack until they are completely dry.



Moisten your fingers with water to prevent ginger from sticking to your fingers when manipulating.

8.1.2 Ginger Ganache

Ingredients

- 100 g previously tempered chocolate, melted
- 1/4 cup ginger syrup
- 3 Tbsp extra virgin coconut oil, melted
- 2 Tbsp candied ginger, finely chopped

Method

1. In a doubler boiler, melt the chocolate bars you had already prepared, along with the coconut oil.
2. Meanwhile, chop the candied ginger into very small pieces.
3. Add the reserved ginger syrup to the bowl with the chocolate.
4. When the chocolate is completely melted, remove from the heat and add the chopped ginger.
5. Pour the mixture into a glass container and allow to solidify at room temperature (this can take between 3 or 4 hours, depending on the temperature of your kitchen).



Stir the mixture occasionally to prevent the ginger from sinking to the bottom of the bowl. If you want to speed up the process, store the ganache in the fridge, taking it out every 5 minutes to stir the mixture. Repeat until you obtain the desired consistency.

8.1.3 Candied Ginger Truffles

Ingredients

- Ginger ganache
- ½ cup tempered chocolate
- Raw cacao powder

Method

1. Once the ganache has a solid but malleable consistency, start rolling balls of about 2 cm size.
2. Place the truffles on a lined tray and let them sit in the fridge for about 30 minutes, while you start preparing the chocolate couverture.
3. Prepare a bowl with tempered dark chocolate. If you don't have more bars, you will have to temper a new batch of chocolate.
4. One by one, dip the truffles, using a chocolate fork. Once dipped, lift each truffle out, tap the fork a few times against the rim of the bowl and remove any excess chocolate sliding the fork over the lip of the bowl.
5. Place the truffles on a tray lined with parchment paper and let the chocolate coating harden completely.
6. As a final touch, cover the truffles with cacao powder. Now they are ready to serve!



**15 days in the fridge
and up to 2 months in the freezer**

8.2 Creamy Hazelnut Truffles



This recipe is my healthy version of the popular Ferrero Rocher confection. We will start by making a cacao and hazelnut cream, that you will have to chill in the fridge for at least 4 hours to solidify. After that, we will roll the truffles, stuff them with a roasted hazelnut in the center and cover them with a crunchy layer of chocolate and chopped hazelnuts.

8.2.1 Cacao & Hazelnut Ganache

Ingredients

- 1 cup raw hazelnuts
- ½ cup coconut sugar
- ½ cup hazelnut cream
- ¼ cup + 2 tsp raw cacao powder
- ¼ cup extra-virgin olive oil
- 3 Tbsp raw cacao butter, melted
- 2 Tbsp raw honey (or maple syrup)
- 1 tsp pure vanilla extract
- ¼ tsp pink Himalayan salt

Method

1. Start by making the hazelnut cream. Rinse and drain your pre-soaked hazelnuts and blend one cup with two cups of water and a pinch of salt.
2. Strain the cream through a nut-milk bag, squeezing out as much liquid as possible. Measure half a cup and keep the rest refrigerated in a labeled glass container.
3. Preheat the oven to 180 °C (350 °F) or 160 °C (320 °F) if you are using the fan function.
4. Roast the hazelnuts for 15 minutes until golden brown (leave them two more minutes if necessary).



For the second part of the recipe, you will need two more cups of roasted hazelnuts, so you can roast them all at once (3 cups in total).

5. While the hazelnuts are still warm, peel off the skins. To speed up this process, transfer them to a medium metal strainer and apply friction using your hands with circular movements. Removing the skins off is essential if you wish to obtain a perfectly silky texture.
6. Once peeled, measure a cup of hazelnuts and add them to your blender with the olive oil.
7. Blend until you get a very smooth mixture, making sure no hazelnut pieces remain.
8. Add the coconut sugar and blend again until well incorporated.
9. Then add the rest of ingredients and blend again until you get a nice and silky cream.
10. Pour the hazelnut cream into a glass container, label it with the name and date and let it rest in the fridge for at least 4 hours until it solidifies.



5 days in the fridge and up to 2 months in the freezer

17 

Prepare this delicious cacao and hazelnut cream and send us a picture or video in which we can see its texture before and after its time in the fridge.

8.2.2 Creamy Hazelnut Truffles

Ingredients

- 1 batch cacao and hazelnut ganache
- 1 roasted hazelnut for each truffle (around 28 in total)
- 1 cup tempered chocolate (you can choose between dark or milk)
- 1 cup roasted hazelnuts

Method

1. Take the hazelnut cream out of the fridge and make sure it is solid enough to roll the truffles.
2. Prepare a tray lined with parchment paper.
3. Using a spoon, scoop out a portion of cream, place a toasted hazelnut in the center and gently roll it into a 2 cm truffle, using the palms of your hands.
4. Repeat the process with the rest of the cream and place all the truffles on the tray.
5. Let them rest in the freezer for 30 minutes, while you prepare the chocolate couverture.
6. Start by chopping a cup of hazelnuts using a big knife. We are looking for pieces the size of a lentil.
7. Shake the chopped hazelnuts in a strainer to eliminate any “dust” and tiny pieces. The chopped hazelnuts will yield approximately half a cup.
8. Prepare approximately one cup of tempered dark chocolate. If you prefer, you can use milk chocolate instead.
9. Mix the melted chocolate with the chopped hazelnuts in a small, narrow bowl and line another tray with baking paper.
10. Take the truffles out of the freezer and dip them in the chocolate mixture. Use a chocolate fork to lift the truffles out of the chocolate, letting any excess drip down through the tines of the fork.
11. Let them set over the tray and once the chocolate couverture has completely solidified, the truffles are ready to plate.
12. Keep truffles you do not plan to eat right away in an air-tight container in the fridge or freezer.



Re-melt the dipping chocolate leftovers and pour them over a small silicon mold. Leave it in the fridge until it solidifies and you will have a delicious hazelnut chocolate bar!



**5 days in the fridge
and up to 2 months in the freezer**

18 

Send us a picture with the final presentation of your creamy hazelnut truffles.

8.3 Garam Masala Truffles

Below you can find a more exotic truffle recipe, perfect for adventurous palates. Adjust the quantity of Garam Masala and cinnamon until you get your preferred flavor.



This is an optional recipe, so you won't need to make it in order to complete the course. However, I encourage you to give it a try and send us a picture with the result. Share your thoughts with us! Did you like them?

Ingredients



- ½ cup smooth cashew butter (preferably roasted)
- 2 Tbsp raw cacao powder
- 2 Tbsp dark chocolate, melted
- 2 Tbsp maple syrup
- 2 Tbsp raw cacao butter, melted
- 2 Tbsp water
- 1 tsp Garam Masala
- ¼ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt
- ⅛ tsp Ceylon cinnamon

Method

1. Prepare your *mise en place* in advance so that all the ingredients are at a similar temperature.



Take the ingredients out of the fridge in advance, and make sure your melted chocolate is not hot when you add it to the blender with the rest of the ingredients.

2. Pour all the ingredients into the blender jar, except the water, and blend until a nice and smooth cream is formed.
3. With the blender running at low speed, stream in the water and blend for a few more seconds until you get a silky texture.
4. Transfer the mixture into a glass container, and store it in the fridge for at least 4 hours until it solidifies.
5. Shape your truffles, let them rest in the fridge or freezer, and cover them with a thin layer of milk chocolate. You can also dip them in white chocolate, but be aware that you will probably need two coatings to ensure they are fully covered.



**15 days in the fridge
and up to 2 months in the freezer**

8.4 Date & Miso Caramel Bars



8.4.1 Base

Ingredients



- 1 cup gluten-free oat flour
- ¼ cup + 1 Tbsp peanut butter
- 2 Tbsp maple syrup
- 2 Tbsp extra virgin coconut oil, melted
- ½ tsp pure vanilla extract
- A generous pinch of pink Himalayan salt

Method

1. Line a 16- or 18-cm square mold with parchment paper.
2. In a small bowl, place the peanut butter, maple syrup, coconut oil and vanilla extract, and whisk until they are well incorporated.
3. In a larger bowl, combine the oat flour and salt. Pour the liquid mixture over the dry ingredients and mix everything together with a spatula until a dough is formed. Use your hands if necessary.
4. Place the dough in the center of the prepared mold and spread it evenly, pressing firmly with a spatula until it is completely flat and compact.
5. Cover the mold and let it chill in the freezer for at least 30 minutes, while you prepare the date-miso caramel.

8.4.2 Caramel

Ingredients



- 12 Medjool dates
- ¼ cup maple syrup
- ¼ cup extra-virgin coconut oil, melted
- 2 Tbsp sweet white miso
- 1 Tbsp tamari

Method

1. Start by soaking the dates in warm water for about 10 minutes, until they are soft and easy to peel.
2. Remove the skin and pits and let the dates sit on a paper towel to dry.
3. Add all the caramel ingredients to your blender and blend until you get a creamy and silky caramel. Scrape the sides of the jar and make sure there are no unblended pieces of date.

8.4.3 Date & Miso Caramel Bars

Ingredients



- 1 cup unsalted roasted peanuts, peeled
- 1 cup tempered chocolate
- Maldon sea-salt flakes

Method

1. Chop the peanuts with your knife into small pieces of about 4-5 mm (we don't want them to be too small so they give texture to the caramel). Shake the pieces in a strainer to eliminate any powder or dust.
2. Mix the caramel with the chopped peanuts and pour on top of the base.

3. Use an offset spatula to spread the caramel in an even layer.
4. Sprinkle some Maldon sea-salt flakes on top (around half a teaspoon).
5. Cover the mold and freeze overnight or for at least 6 hours, so the caramel solidifies and you can cut the confection into bars.
6. Carefully unmold and cut 12 bars of the same size. Be sure to use a large knife and heat the blade with very hot water, so it's easier to get clean and precise cuts. Wipe the knife between cuts.
7. Place the bars on a tray lined with parchment paper and let them sit in the freezer for about 30 minutes, while you prepare the chocolate.
8. Temper a new batch of dark chocolate or melt already tempered chocolate and pour it into a medium-sized bowl in which the bars can fit.
9. One by one, dip the bars and remove excess chocolate. Use an offset spatula to carefully place them on a lined tray.
10. Once all the bars are covered, make a small paper cone. Ensure that the tip is tightly closed, so that the chocolate does not leak when you pour it.
11. Pour a small amount of chocolate into the cone, close the top and snip the tip.
12. With quick zigzag movements, decorate the top of each bar.
13. Just before the chocolate solidifies, sprinkle on some sea-salt flakes so they adhere to the chocolate.
14. If you wish, you can add some edible gold leaf at the end.
15. Place the bars in the refrigerator to cool further.



If the chocolate thickens too much, heat it slightly so it returns to its liquid state. Remember never to exceed 32 °C (90 °F).



15 days in the fridge and up to 2 months in the freezer



19 Send us a picture of your homemade caramel bars. Don't forget to cut one in half! How do you like them? We know, they are too wonderful for words!

8.5 Peanut Butter & Raspberry Jam Cups



20 Below I share with you my take on peanut butter cups: dark chocolate cups filled with a creamy peanut-tahini filling and a simple, delicate raspberry-chia jam.

The goal with this exercise is to take the recipe as an inspiration and change it to create a new one with a completely different combination of flavors. What can you use instead of a peanut butter and tahini cream? Instead of raspberry jam, which other one would pair well? And instead of dark chocolate, would it be a good idea to use milk or white?

Download the recipe layout that you will find in the library section of the platform and send us your proposal.

8.5.1 Peanut Butter & Tahini Cream

Ingredients



- ¾ cup soaked cashews
- ⅓ + ¼ cup smooth peanut butter
- ¼ cup almond milk
- 2 Tbsp maple syrup
- 1 Tbsp tahini
- A generous pinch of pink Himalayan salt

Method

1. Rinse and drain the soaked cashews and blend them with the rest of ingredients until you get a smooth cream.
2. Transfer to a piping bag and store in the fridge for about 3 hours until set.

8.5.2 Raspberry-Chia Jam

Ingredients



- 1 + ½ cup raspberries (fresh or frozen)
- 3 Tbsp + 1 tsp chia seeds
- 1 Tbsp + 2 tsp maple syrup
- 2 tsp lemon juice
- ½ tsp pure vanilla extract
- A pinch of pink Himalayan salt

Method

1. If using fresh raspberries, wash them first and process them in a mini-size food processor along with the maple syrup, lemon juice, vanilla and salt.
2. Pour the mixture into a bowl, and gradually add the chia seeds while stirring with a mini whisk.
3. Let the jam set in the fridge until the chia begins to act and the jam thickens (about an hour). Remember to stir occasionally to eliminate lumps.

8.5.3 Chocolate Cups

Ingredients



- Peanut and tahini cream
- Raspberry-chia jam
- Batch of tempered dark chocolate
- Sea-salt Maldon flakes (optional)

Method

1. Start by lining a muffin or mini-muffin tray (it can be silicone or metal) with cupcake or mini-cupcake liners.
2. Prepare a batch of tempered dark chocolate.
3. Place approximately 1 teaspoon of chocolate into the bottom of each cupcake liner, making sure it covers the entire base and the sides of each tin. You can achieve this by just tilting the mold a few times.
4. Chill the mold in the fridge for 5-10 minutes until the chocolate hardens.
5. Start by piping about 2 teaspoons of the peanut butter cream on top of the chocolate to fill to the halfway point; then place a teaspoon of raspberry jam in the center.



Make sure the cream and jam don't touch the sides of the liners and that you leave space at the top so there is room for the chocolate to completely seal the cups.

6. Add a pinch of Maldon sea-salt flakes and add more chocolate over each cup until they are completely covered.
7. Pop the mold into the fridge for at least one hour until set.
8. Unmold and enjoy these delicious treats!



**5 days in the fridge
and up to 2 months in the freezer**

8.6 Chocolate Mousse



To prepare these light and fluffy parfaits we must first whip aquafaba (the liquid that comes from cooking chickpeas). You can use homemade aquafaba or use the liquid from canned chickpeas.

If you buy your chickpeas already cooked, choose an organic brand that contains only chickpeas and water. If you prefer to prepare your own chickpeas, make sure you cook reduce the liquid until it is sufficiently concentrated.

To decorate each parfait we will also whip coconut cream. It's essential that you use a full-fat coconut milk that contains only coconut (at least 50 %) and water. Many brands contain stabilizers that help the cream to whip, but they are not necessary and have no health benefits.



Plan this recipe ahead. Make sure you have aquafaba ready (in case you make your own) and refrigerate the coconut milk can the night before.

In both cases, you can choose to whip the aquafaba and the coconut cream with either a stand mixer or an electric hand mixer with two beaters.

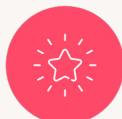
8.6.1 Chocolate Mousse

Ingredients

- 50 g chocolate (dark or milk)
- ¼ cup liquid unsalted aquafaba (at room temperature)
- 2 Tbsp coconut sugar
- 1 Tbsp water
- ¼ tsp lemon juice
- ¼ tsp pure vanilla extract

Method

1. Start by melting 50 g of chocolate in a double boiler. Set the chocolate aside while you whip the aquafaba.



If you have chocolate leftovers from other recipes of this course, this is a great way to use them. Don't worry if you have different types, as you can mix different quantities of dark, milk and even white chocolate.

2. Pour the aquafaba and the lemon juice into a big bowl (or the bowl of your stand mixer). Start beating on low-medium speed for two minutes until the liquid begins to foam.
3. Increase the speed gradually, and scrape the sides of the bowl from time to time.



Make sure your aquafaba is not cold before whipping it, because once it's whipped you will mix it with the melted chocolate and small lumps could form due to the temperature contrast.

4. After 5-10 minutes, you will see that your aquafaba has considerably increased its volume, has a fluffy texture and soft peaks have formed.
5. Now we prepare a syrup to stabilize the aquafaba. If you are using a stand mixer, stop it and set it aside while you make the syrup.
6. Prepare a small saucepan with coconut sugar and water and cook over medium-high heat until it starts to boil. Stir constantly with a small whisk and cook for about 5 minutes until the syrup has reduced.
7. With the mixer running, pour the hot syrup gradually in a thin stream over the whipped aquafaba. Be careful not to pour the syrup directly onto the beaters because it may stick to them.
8. Continue beating until stiff peaks form. You will know your aquafaba is properly whipped when the peaks hold their shape.
9. Fold a small amount of the aquafaba meringue into the melted chocolate, then pour the chocolate mixture over the bowl with the rest of the aquafaba.
10. Fold the mixture very gently with circular movements until it's uniformly incorporated and no bits of chocolate or aquafaba remain. Do it carefully so the whipped aquafaba doesn't deflate too much.
11. Divide the mousse among 3 glasses or ramekins and chill until firm, for at least 1 hour.

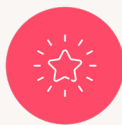
8.6.2 Coconut Whipped Cream

Ingredients

- 1 can organic coconut milk, refrigerated overnight
- ½ tsp pure vanilla extract (optional)

Method

1. Open the coconut milk can that you chilled the night before and remove the solid part – the cream – that has risen to the top of the can.



Save the separated coconut milk and store in the fridge to use it in savory recipes as curries, soups, risottos, etc.

2. Place this coconut cream in a large bowl and beat with an electric hand mixer on medium-high speed until doubled in volume and no bits of coconut cream remain. This process can take between 5 and 10 minutes.
3. If you want to flavor the cream, add half a teaspoon of vanilla extract or a few drops of any essential oil you like.

8.6.3 Presentation

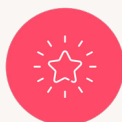
Ingredients

- Fresh physalis or berries

- Chocolate shavings
- Sea-salt flakes (optional)

Method

1. Take your mousse cups out of the fridge and top them with a scoop of coconut whipped cream.
2. Decorate with chocolate shavings and one fresh physalis or berry. You can also sprinkle on some sea-salt flakes if you like.
3. Consume immediately or keep in the fridge until ready to serve.



Both the mousse and the whipped coconut cream can be made one or two days ahead. But I recommend that you assemble the dessert just before serving, so that you can beat the coconut cream again if it has deflated a bit in the fridge.



5 days in the fridge

21



Prepare this simple fluffy and smooth chocolate mousse, and send us a picture of your final parfaits. Did you have any issue whipping your aquafaba? Did you buy it or did you cook your own chickpeas?