

Module 7

BONBONS

7.1 Bonbon Fillings

Now that you know how to temper chocolate, it's time to put your new skills into practice by making these exquisite bonbons. Here are recipes for 5 different bonbon fillings, from which you are to choose 3 – but of course you can make them all if you like!

1. Mocha
2. Pistachio and rose water
3. Cacao, olive oil and rosemary ganache
4. Orange and saffron
5. Lemon and honey (or coconut nectar)

Before you choose, please read all the recipes and watch the two videos for this lesson.

Mocha



Ingredients

- ¼ cup almond milk
- 2 Medjool dates
- 2 Tbsp cashews, soaked for at least 6 hours
- 1 Tbsp + ½ tsp espresso coffee
- 1 Tbsp raw cacao butter, melted
- 2 tsp maple syrup
- 1 tsp raw cacao powder
- ¼ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt

Method

1. If your dates are not soft enough, start by soaking them in warm water for 5-10 minutes.
2. Meanwhile, rinse and drain your pre-soaked cashews and add them to your blender.
3. Once your dates are soft, peel and pit them and add them your blender with the rest of ingredients (except the cacao butter).
4. Blend until you obtain a silky texture.
5. Stream in the cacao butter and blend for a few more seconds.
6. Transfer your mocha cream to a piping bag and chill it in the fridge for at least 3 hours.



4 days in the fridge

Pistachio & Rose Water



Ingredients



- ½ cup raw pistachios + extra to use as topping
- ¼ cup + 1 Tbsp almond milk or cream
- 2 Tbsp macadamia butter
- 2 Tbsp coconut sugar
- 2 Tbsp raw cacao butter, melted
- 2 tsp rose water
- ½ tsp pink Himalayan salt
- ¼ tsp pure vanilla extract

Method

1. Start by toasting the pistachios in the oven for 10 minutes at 180 °C (350 °F).
2. If the pistachios are not already skinned, try to peel off as much skin as possible in order to get a nice and thin cream.
3. Blend all the ingredients together (except the cacao butter) until smooth.
4. Slowly stream in the cacao butter while the blender is running at low speed.
5. Transfer your cream to a piping bag, label it and chill it in the fridge for at least 3 hours to thicken.



4 days in the fridge

Cacao, Olive Oil & Rosemary Ganache

Ingredients



For the rosemary oil

- 100 ml extra-virgin olive oil
- 1 Tbsp fresh rosemary, chopped

For the ganache

- 2 Tbsp raw cacao powder
- 2 Tbsp raw organic honey (or maple syrup)
- 1 + ½ Tbsp rosemary olive oil
- ½ tsp pink Himalayan salt

Method

For the rosemary oil

1. Start by chopping one or two fresh rosemary sprigs and measure 1 Tbsp.
2. Place the rosemary in a small pot and pour the oil over it.
3. Heat over low heat for 5-10 minutes. The oil should be warm, but not simmering.
4. Turn off the heat and let the rosemary infuse in the oil for at least 1 hour.
5. Prepare a glass bottle and place a fresh rosemary sprig inside.
6. Strain your infused oil and pour it in the glass bottle.

7. Close and store in a cool, dry place out of direct light.

For the ganache

8. Prepare a small bowl with cacao powder. Gently stream in the oil while whisking until the mixture is emulsified.
9. Once a paste has formed, add the salt and sweetener. Start with two spoonfuls, then taste. Depending on how strong the infused EVOO is, you might need to add an extra tablespoon of honey or maple syrup.
10. Pour the ganache into a piping bag and keep in the fridge until ready to pipe into bonbon shells.



1 month in the fridge

Orange & Saffron

Ingredients



- ¼ cup almond milk or cream
- ½ cup cashews, soaked for at least 6 hours
- 1 Tbsp + 1 tsp raw honey (or maple syrup)
- 1 Tbsp extra-virgin coconut oil, melted
- ½ tsp powder cardamom
- ½ tsp pink Himalayan salt
- ¼ tsp pure vanilla extract
- A big pinch of saffron threads
- 7 drops of orange essential oil

Method

1. Start by infusing the saffron: add the saffron to half of the almond milk. Warm the mixture in a saucepan over very low heat until the saffron threads dissolve.
2. Pour the infused milk, the reserved almond milk and the rest of the ingredients (except the coconut oil) into the jar of your high-speed blender.
3. Blend until the mixture is nice and smooth. Stream in the coconut oil last with the blender running at the lowest speed.
4. Transfer the mixture to a piping bag and chill it in the fridge for at least 3 hours until set.



4 days in the fridge

Lemon & Honey (or Coconut Nectar)

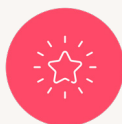
Ingredients



- 160 ml runny raw organic honey (coconut nectar for the vegan alternative)
- 3-4 Tbsp bee pollen (finely chopped mulberries for the vegan alternative)
- 5-10 drops lemon essential oil

Method

1. Into a small bowl pour the honey, bee pollen and 5 drops of the lemon essential oil.
2. Stir with a spoon, taste the mixture and add more essential oil if necessary, a drop at a time, until you obtain the desired flavor.
3. Pour the mixture into a piping bag, close and store it in the fridge until you're ready to pipe it into the bonbon shells.



For the vegan alternative, instead of using bee pollen you can use very finely chopped mulberries.



1 month in the fridge

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Send us a picture with the 3 fillings you've chosen.

7.2 Making Bonbons

Before you make the bonbons, first you will have to temper dark chocolate again. The chocolate you prepared in *lesson 6.5* and that you made into bars, will be used in the next lesson.

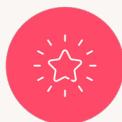
Here are some very important tips and recommendations to keep in mind before you start using your polycarbonate molds:

- **Cleaning** - Proper care will not only extend the life of your molds but also ensure optimal results.

Do not scrub them with brushes and detergent, as this creates micro scratches which build up over time. Instead, use a soft brush or sponge and a neutral, unscented dish soap. You can also use white vinegar and hot water along with a cotton pad to remove any remaining chocolate.

Don't worry if you notice that the molds are somewhat oily. It's due to the cacao butter, which will actually preserve the molds and help your next confections to unmold perfectly.

- **Drying** - After using the molds, let them air dry. Never use a cloth to dry them, as it will leave debris that will later be visible on the surface of the chocolates.



If you need to use the molds immediately and they are still damp, a quick blast with a hairdryer is the quickest and simplest way to get them perfectly dry.



It's essential that in addition to the molds, all your tools (bowls, spatulas, thermometer...) are completely dry before using them with chocolate.

Method for Making Bonbons



Before you start, read all the steps carefully and watch the video.

1. Begin by tempering your dark chocolate, following the recipe. While for covering truffles or other confections you may remelt and use previously tempered chocolate, with bonbons, I strongly recommend that you temper a fresh batch of chocolate and use it immediately, to ensure best results.
2. Pour the tempered chocolate into your chosen mold, filling each cavity to the brim. Tap the mold on the counter a couple of times to eliminate any air.
3. Turn the mold upside down and let the chocolate pour down onto your sanitized counter, bowl or prepared tray.
4. Tap the sides of the mold with a spatula handle to remove the excess chocolate.
5. Place your molds upside-down onto a tray lined with parchment paper and allow the chocolate shells to set in the fridge for a few minutes.



Although your tempered chocolate should be thick enough with one coating, if you see the chocolate shells have set and are a bit translucent, it means that they are too thin and the bonbons will probably break when unmolded. If that's the case, repeat the process and add a second coating of chocolate.

6. Remove the molds from the fridge and pipe your fillings into the shells. Remember to pipe to just within 2 millimeters of the rim, so there is space to seal the bonbons. At this point, you can add toppings if desired (e.g. chopped pistachio for the pistachio and rose water bonbons).



If you just have one mold, instead of using one filling, use a third of the mold for each type of filling. When you finish, repeat the process for another batch.

7. Cover the filled shells with more tempered chocolate.
8. Scrape off the excess chocolate from the surface, using a scraper or an offset spatula.
9. Place your molds back on the tray, right-side up this time, and allow the chocolate to harden in the fridge for about 15 minutes or until solid.
10. To loosen the chocolates, simply tap the mold firmly on the counter. If the chocolate has been correctly tempered, the bonbons will pop out very easily!
11. Enjoy immediately, or store in the fridge in an air-tight container.



Shelf life will vary depending on the type of filling

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Make your first batch of bonbons with your chosen fillings. Send us a picture of each of them, cutting a few in half so we can see the filling. Did you find the process difficult? Which filling did you like the most? Have you used any toppings?