CHOCOLATE
Tablets

Chocolate Tablets

INGREDIENTS	QTY	METHOD
Dark chocolate, milk chocolate or white chocolate	500g	Temper and pipe small rounds of chocolate onto silicon paper.
Roasted Hazelnuts	100g	
Roasted Almonds	60g	Just before the chocolate crystallises, arrange an assortment of fruits and nuts decoratively.
Pistachio nuts	60g	
Coconut shredded	50g	
Cranberry	60g	
Freezer dried Pineapple	60g	
Freezer dried Raspberries/ Strawberries	60g	

To temper chocolate

Tempering chocolate is an essential technique in pastry. It will ensure a glossy and crisp finish. Pastry chefs use the technique to make moulds or chocolate shavings, to coat chocolates and to make sculptures.

Adjust the amount of dark chocolate used depending on your choice of recipe.

CHEFS TIP: Once you have gone through the tempering process it is wise to check the process has been done correctly before using the chocolate. Take a kitchen paper towel and fold it in half. Dip the folded area into the chocolate and allow to set in a cool place for up to five minutes. If properly tempered, the chocolate should set evenly within this time and feel dry to the touch.

STEP 1

Coarsely chop 300 g dark (preferably couverture) chocolate. Place 2/3 of the chocolate in a bowl; melt over a bain-marie of gently simmering water. The bottom of the bowl should not touch the water because the chocolate will get to hot and shine can be lost as a result.

STEP 2

Heat until the temperature reaches 45°C on a cooking thermometer. Remove the bowl from the heat and stir in the remaining chocolate. Stir with a spatula from time to time.

STEP 3

As soon as the temperature cools to 27°C, return the bowl to the bain-marie and reheat, stirring gently until the chocolate reaches 32°C. When the chocolate is smooth and shiny, it is ready to be used. If you are tempering milk chocolate, melt to 45°C, cool to 26°C, and reheat to 29°C. If you are tempering white chocolate, melt to 40°C, cool to 25°C and reheat to 28°C.