

In Japanese, *nama* means “fresh”, in the sense of raw. It is no secret that the Japanese are crazy about chocolate! But, in Japan, during the five months of summer, tropical temperatures and humidity do not simplify the conservation nor the consumption of this thirst-arousing, fatty and sometimes sweet product! The Japanese were inspired by the chocolate ice cream to create a fresh bonbon, sold in a refrigerated display cabinet, non-enrobed, and sometimes frozen. Once taken out of the refrigerator or freezer, the bonbon does not whiten and does not present any problem of conservation or melting. I am surprised to see that, even today, French chocolatiers have not yet adopted this concept of chocolate. In fact, we are not far from our traditional ganache truffle, just rolled in cocoa powder. These creamy, ultra-fresh ganaches deserve their place. Let us dare to take this little step aside!

NAMACHOCO

PREVIOUS DAY

Make the creamy ganache and chocolate sheets.

SAME DAY

Cut and garnish.

FOR 1 SQUARE FRAME, 18 CM WIDE

7 g lime peel	1.4 %
300 g semi-skimmed milk	60 %
25 g invert sugar	5 %
5 g caster sugar	1 %
3 g pectin X58	0.6 %
150 g Nyangbo 68 % dark chocolate	30 %
10 g lemon juice	2 %

300 g Nyangbo 68 % dark chocolate

LIME CREAMY GANACHE

Remove the lime peel with the help of a peeler.

In a saucepan, bring the milk to a boil along with the zest and allow to infuse, covered, for 10 to 15 minutes. Pass through a chinois and add the milk to obtain the initial weight. Add the invert sugar and the sugar and pectin mixture while stirring. Bring to a boil, pour gradually over the chocolate, emulsify with a rubber spatula and process with an immersion blender as soon as possible to perfect the emulsion. Add the lemon juice and blend again.

MONTAGE AND FINISH

PREVIOUS DAY – Make the creamy ganache and pour it immediately into an 18-cm-wide stainless steel square frame. Allow to crystallize in the refrigerator for 24 hours.

Crumple a sheet of parchment paper, then unfold it and smooth it out as much as possible. Using pre-crystallized Nyangbo chocolate, cast a thin layer of chocolate on the crumpled sheet, and before complete crystallization, cut into 30-mm squares. Also, make a thin sheet of chocolate between two acetate sheets and allow to crystallize.

SAME DAY IN THE MORNING – Remove the ganache and cut into 22.5-mm squares.

Stick a crumpled chocolate square on one side of the ganache square and a chocolate piece on the other.

A surprising recipe since, instead of cream and butter, we use milk and lemon juice! The texture is obtained thanks to the addition of pectin X58 (see page 67), a rare ingredient in traditional ganaches. It gives us a nice melt-in-the-mouth texture, provided that the emulsion is perfect. The final result is a supple but melting texture in the mouth. It is called rheofluidifying: under a mechanical stress (rheo), the texture becomes fluid. We could also have used iota carrageenans which have similar properties. No enrobing, but just two ultra-thin chocolate

sheets to easily handle the truffles. Compared to the framed ganache (Nyangbo) found in our bonbons, our version offers a 77% reduction in calories, due to the considerable decrease in fat (90%, of which 92% is saturated fatty acids). Carbohydrates are also reduced (approximately 40%). A great success both in terms of taste and nutrition!

The freshness of the lime is revealed by the lightness of the milk and not smothered by the heaviness of the cream.

