



# Iced Guaner

  
**VALRHONA**  
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# Iced Guaner

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 12 ice cream bars

Machine used and recommended by the École Gourmet: Magimix Gelato

## To be done the day before:

GUANAJA 70% chocolate  
and milk ice cream  
Caramel sauce  
Candied peanuts

## To be done on the day:

Praliné iced mousse  
GUANAJA 70%  
crunchy coating

## Required utensils:

SILKOMART ice cream mould  
(12 40 x 30cm mould kit)  
Ice cream machine  
Pastry spatula

## GUANAJA 70% CHOCOLATE AND MILK ICE CREAM

Preparation time: 30 minutes

Rest time before use: 12 hours

390g Whole milk  
20g Dry milk  
(0% or 1% fat)  
35g Caster sugar  
35g Glucose powder\*  
25g Acacia honey  
6g Whipping cream 35%  
90g **GUANAJA 70%** chocolate  
3g Combined stabiliser\*

\*See the nutrition tip section at the end of the recipe.

Heat the milk in a saucepan. Once it is at 25°C, add the milk powder. At 30°C, add three-quarters of the sugar as well as the glucose powder and honey. Once the mixture has reached 35°C, add the cream. At 45°C, complete the mix by adding the remaining sugar combined with the stabiliser. Combine with the melted **GUANAJA 70%** in three batches while mixing with a hand blender. Pasteurise at 85°C for 2 minutes then quickly cool the mixture in the refrigerator.

Seal with plastic film. Leave to sit in the refrigerator for at least 12 hours.

Tip: Place the container which will house the pasteurised ice cream in the freezer a few hours before use. This will lower its temperature faster.

## PRALINÉ ICED MOUSSE

Preparation time: 30 minutes

115g **50% Almond & Hazelnut Praliné**  
80g Whole milk  
65g Glucose syrup  
45g Egg yolks  
45g Caster sugar  
130g Whipping cream 35%

Bring the milk and glucose to the boil. Mix the egg yolks with the sugar. Combine the glucose and hot milk mixture with the yolk and sugar mixture.

Cook at 84°C. Pour this crème anglaise onto the **praliné** and vigorously stir with a spatula. Mix using a hand blender. Finally, cool the mixture back down to 35°C then carefully add the whipped cream.

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For more information, go to the Valrhona Cité du Chocolat website: [www.citeduchocolat.com](http://www.citeduchocolat.com) / Valrhona - 26600 Tain l'Hermitage - France     [www.valrhona.com](http://www.valrhona.com)

# Iced Guaner

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## CARAMEL SAUCE

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Preparation time: 30 minutes  
Rest time before use: 12 hours

105g Caster sugar  
105g Glucose syrup  
85g Whipping cream 35%  
85g Sweetened condensed milk

Use the sugar to make a dry caramel. Heat the condensed milk with the cream and glucose. Deglaze the caramel with the hot liquid and bring the mixture to the boil. Store the caramel in the refrigerator overnight.

## CANDIED PEANUTS

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Preparation time: 30 minutes

125g Salted peanuts  
50g Caster sugar  
20g Water

Cook the sugar and water at 118°C. Put the peanuts into the sugar syrup. Vigorously stir the whole mixture continuously until a powdery film of sugar forms around the nuts. Place the mix on a tray in the refrigerator to cool down.

*\*The candying step should be performed on a low heat to prevent the mix from caramelising.*

## GUANAJA 70% CRUNCHY COATING

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Preparation time: 15 minutes

700g **GUANAJA 70%** chocolate  
70g Grape seed oil  
190g Candied salted peanuts

Blend the candied peanuts until ground (prepared beforehand). Melt the **GUANAJA 70%** chocolate at 45°C and add the oil and peanuts. Stir thoroughly and use immediately.

## ASSEMBLY

Preparation time: 45 minutes  
Rest time before use: 9 hours

Make the praliné iced mousse and pour 30g into each mould. Freeze mould for 3 hours. Insert the popsicle sticks into each mould and pipe 15g of caramel sauce onto the praliné iced mousse. Freeze for another 3 hours. Churn the **GUANAJA 70%** chocolate and milk ice cream. Pipe 40g of it into each mould, onto the caramel, and spread out using a small angled spatula. Freeze for another 3 hours before coating with crunchy coating. Freeze again to allow the ice cream to set. Serve and enjoy!

### Nutrition tip

The stabilisers and glucose powder give the ice cream a great texture and prevent water crystals forming during freezing. These ingredients are vital for your ice cream. Order online from the "Alice Délice" online store.