

Plant-based chocolate tart




VALRHONA
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Plant-based chocolate tart

gluten-free

AN ORIGINAL RECIPE BY *l'Ecole Gourmet Valrhona*

Makes 6 individual tartlets

To be done the day before:

Vegan cocoa shortcrust pastry
Plant-based NYANGBO 68%
chocolate crémeux
Baking the tarts
Assembly

To be done on the day:

Assembly
(store in the refrigerator
for 4 hours)

Required utensils:

1 tart baking kit
(SILIKOMART - 6-piece
oblong ring)
20mm Saint Honoré nozzle

GLUTEN-FREE VEGAN COCOA SHORTCRUST PASTRY

Preparation time: 30 minutes

Rest time before use: 4 hours

150g Lupin flour
195g Potato starch
45g **COCOA POWDER**
120g Almond flour
125g Confectioner's sugar
4g Fine salt
1 **NOROHY vanilla bean**
60g Water
105g Sunflower or grape
seed oil

Sift all the dry ingredients together.

Add the oil and mix using a food processor with the paddle attachment. Gradually add the water and mix by hand until a homogeneous dough forms.

Place the dough between two sheets of parchment paper and spread to a thickness of 2.5mm.

Cut out tart bases using the SILKOMART templates to help you, as well as the strips to line the tin.

Freeze for 4 hours.

PLANT-BASED NYANGBO 68% CHOCOLATE CRÉMEUX

Preparation time: 30 minutes

Rest time before use: 8 hours

20g Cornstarch
45g Sugar
585g Almond drink (1.8% fat)
300g **NYANGBO 68%** Ground
Chocolate

Warm up the almond milk then add the sugar and the cornstarch that you have already mixed together.

Heat to at least 185°F (95°C), strain and mix using an immersion blender.

Pour onto the **NYANGBO 68%** Ground Chocolate while stirring with a spatula.

Mix using an immersion blender to form a perfect emulsion.

Place some plastic wrap on the mixture's surface and store in the refrigerator for at least 8 hours.

Come relish a truly delicious experience at the Cité du Chocolat in Tain l'Hermitage and take part in our pastry-making workshops and courses.

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

Plant-based chocolate tart

gluten-free - (Continued)

ASSEMBLY

60g **SOSA caramelized almonds**
60g **SOSA caramelized hazelnuts**

Make the tart bases and bake in a fan-assisted oven at 320°F (160°C) for 16 minutes.

Once the tarts have cooled back down, place around 50g **caramelized hazelnuts** and 50g **caramelized almonds** at the bottom of the dish.

Pour 50g of **NYANGBO 68%** chocolate crémeux over the caramelized nuts then freeze overnight.

Cover with a plastic wrap and store the remaining crémeux in the refrigerator to finish.

The following day, pipe an even layer of the crémeux over the tarts using a 20 Saint Honoré nozzle.

Decorate with a few caramelized nuts and chocolate pieces*.

Store in the refrigerator for 4 hours before serving.

Chef's tip

The tempering technique to make the chocolate slivers:

For 250g of **NYANGBO 68%** chocolate: melt two thirds of the chocolate in a bain-marie or in the microwave. Increase the temperature to 120-130°F (50-55°C). Once this temperature has been reached, add the remaining third of the unmelted chocolate.

Start mixing by hand, then using an immersion blender. Be careful not to incorporate any air bubbles. Check the temperature of the chocolate - it should be 88-90°F (31-32°C).

The chocolate is now tempered.

Make sure you keep the chocolate at this temperature while you work with it. If you need to, use a hairdryer to reheat its surface.

Spread the tempered chocolate between two guitar sheets using a rolling pin and leave to set for 2 hours at room temperature. Then, break the chocolate pieces into varying shapes and sizes to create slivers to be sprinkled over your tarts.

Nutrition tip

This recipe is 100% vegan, gluten- and soy-free! It is full of plant protein and fiber thanks to the addition of lupin flour and cocoa powder.