

CHOC WAVE




VALRHONA
Let's imagine the best of chocolate

CHOC WAVE

MAKES: 6-8 TARTLETS • PREPARE THE NIGHT BEFORE • PREPARATION: 2 ½ HOURS
COOKING: 1 HOUR • CHILLING: 3 HOURS MINIMUM

These tartlets are a thrilling adventure in chocolate!

JIVARA 40% WHIPPED GANACHE

- 150g Jivara 40% chocolate
- 120g (½ cup) whole milk
- 25g (1 Tbsp) glucose syrup
- 290g (1 ½ cup) very cold 35% fat heavy cream

CHOCOLATE PALETTES

- 200g dark chocolate

CHOCOLATE PASTRY DOUGH

- 30g (3 Tbsp) Valrhona Cocoa Powder
- 120g (½ cup) cold butter
- 50g (1) egg, cold
- 90g (¾ cup) confectioner's sugar
- 200g (1 ½ cups) T55 all-purpose flour
- 60g (½ cup + 2 Tbsp) almond flour
- 2 pinches of salt

CHOCOLATE CAKE

- 100g Manjari 64% or Caraïbe 66% dark chocolate
- 70g (1/3 cup) 35% fat heavy cream
- 125g (¾) egg whites
- 50g (2) egg yolks
- 50g (1/4 cup) sugar
- 10g (1 Tbsp) Valrhona Cocoa Powder
- Butter for the mold

CREAMY GANACHE

- 225g Manjari 64% dark chocolate
- 200g (¾ cup + 3 ½ tsp) whole milk
- 100g (1/3 cup + 1 ½ Tbsp) 35% fat heavy cream
- 40g (3 Tbsp) sugar
- 2g (1 tsp) X58 pectin

EQUIPMENT

- Round cookie cutter, 2 ½ inches in diameter (6cm in diameter)
- Tartlet molds 2 ½ -3 inches in diameter (7-8cm in diameter)
- Piping bag with a smooth tip or disposable piping bag
- Baking sheet

THE NIGHT BEFORE

JIVARA 40% WHIPPED GANACHE. Boil the milk and glucose syrup together in a saucepan.

Slowly pour a little of the boiling mixture onto the chocolate, mixing in the center to create a smooth, shiny core (maintain this texture the whole time). Continue adding the liquid little by little. Once all the liquid has been added, blend with an immersion blender. Finally, add the very cold cream, blend again for a few seconds, and keep in the refrigerator for at least 3 hours.

Whip the ganache in a stand mixer at a medium speed until it is shiny, rich, and very creamy (similar to gelato) and easily piped out.

SERVING DAY

CHOCOLATE PALETTES. Temper the chocolate (method described below) and spread out a thin layer on a piece of baking paper (or even better, a polyethylene sheet) to make a chocolate sheet. For palettes, pipe out different-sized rounds.

Cover with a second piece of baking paper (or even better, a polyethylene sheet) and gently and regularly press down on the rounds. Let set for about 10 minutes between two baking sheets in the refrigerator and then 2 hours at room temperature before using according to the recipe instructions.

Remember: It is difficult to temper a small amount of chocolate. That's why we specify 200g of chocolate. You won't need all of it to decorate your recipe.

CHOCOLATE PASTRY DOUGH. Combine the sugar, flour, cocoa powder, almond flour, and salt in a bowl. Cut the cold butter into small chunks and, using your fingers, mix it with the dry ingredients. Continue until there are no more chunks of butter. Add the cold egg and gently knead (as little as possible so as not to give too much body to the dough). Wrap the dough with plastic wrap and flatten it with your palm until it is about ½ inch (1cm) thick. Keep it in the freezer for 30-45 minutes.

Place the dough between two pieces of baking paper and roll it very thin, about 1/32 inch (3mm) thick. Put it back in the freezer for 15 minutes.

Preheat the oven to 300°F (150°C). Line a mold (or molds if you're making tartlets), prick the bottom well with a fork, and bake for 30-35 minutes.

Thinking Ahead: this shortcrust pastry can be kept in the freezer.

CHOCOLATE CAKE. Preheat the oven to 360-370°F (180-190°C). Bake the cake directly on a baking sheet lined with parchment paper. Once the cake is cool, cut out 6-8 circles with the cookie cutter.

Melt the chocolate to 118-122°F (45-50°C, method described below). Add the cream, the egg yolks, and finally the cocoa powder. Stir vigorously with a spatula until the batter is smooth and elastic. Whip the egg whites to stiff peaks* (description below) with the sugar. Fold the beaten egg whites into the chocolate mixture in two or three parts.

Bake the cake directly on a baking sheet lined with parchment paper. Bake for 12-14 minutes. Unmold while warm and allow to cool.

Once the cake is cool, cut out 6-8 circles with the cookie cutter.

***Stiff Peaks:** Used to refer to a whipped preparation (chantilly, egg whites, etc.) which forms a point or peak as soon as the whisk is removed. Its consistency is firm, but supple.

CREAMY GANACHE. Mix the sugar and the X58 pectin together. Melt the chocolate to 95-104°F (35-40°C, method described below).

Warm up the milk and cream. Whisk in the sugar and pectin mixture. Boil while constantly stirring.



Recipes extracted from
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Gradually pour part of the hot milk over the melted chocolate while stirring with a spatula to make a shiny core (method described below) and continue pouring the hot milk while stirring the chocolate. Be careful to maintain this smooth emulsion until all the milk is added. Blend with an immersion blender and cover with plastic wrap directly on the surface. Chill the ganache to 86°F (30°C).

PUTTING IT ALL TOGETHER. Pour a little bit of the creamy ganache into the tartlet shells. Place the cake circles snugly on top of the ganache. Gently push. Fill the tartlet shells up to the top with the rest of the ganache. Chill for 2-3 hours.

TO SERVE. Gently whisk the whipped ganache until it looks like gelato. Using a piping bag, pipe small balls of ganache on the tartlets. Arrange the super fine chocolate palettes in an attractive way on the ganache.

FREDERIC BAU ADVICES TEMPERING

Important Rules for Tempering

- To correctly crystallize chocolate, it first has to be “decrystallized.” This means to melt it long enough (15 to 30 minutes) and at the correct temperature. Melt to around 131°F (55°C) for dark chocolate and to 118-122°F (48-50°C) maximum for milk chocolates, Dulcey, or white chocolates. Personally, I often use my convection oven set to 122°F (50°C); this makes a good warming oven and you don’t need to use the microwave! The chocolate can stay in the oven for 2, 3, or 4 hours. The longer it stays, the better the results.

- Next, lower the temperature of the melted chocolate. There are three ways to do this:

- 1) Put the bowl in a cold water bath.
- 2) Add unmelted chocolate (this is called “seeding”).
- 3) Pour about three quarters of the melted chocolate on a marble work surface and spread it out.

Whichever method you use, make sure to always mix with a spatula so that the chocolate cools uniformly, without thickening.

- Once the temperature drops to 82-84°F (28-29°C) for the dark chocolates or 78-80°F (26-27°C) for the milk chocolates, Dulcey, or white chocolates, it must be raised quickly so that the chocolate does not overcrystallize, becoming too thick and difficult to work with. There are three solutions:

- 1) Put the bowl in a hot water bath for a few seconds.
- 2) Warm the melted chocolate for a few seconds in the microwave.
- 3) Return the cooled chocolate from the marble work surface to a bowl and add the remaining quarter of warm chocolate. Mix well to bring up the temperature.

The chocolate must reach:

- 88-89°F (31-32°C) for dark chocolates.
- 82-84°F (28-29°C) for milk chocolates, Dulcey, or white chocolate.

The chocolate should be fluid with no lumps. Double check the temperature with a digital thermometer. Maintaining the correct temperature by adding a little bit of the melted chocolate is easy and makes it easier to work with the chocolate.

Remember: only put your creations in the refrigerator for a few minutes to help the chocolate “set” (crystallize) more quickly.

Once you’ve finished a recipe, pour the rest of the chocolate into an airtight container and let it crystallize. It’s ready to be tempered again!

MASTERING EMULSIONS

To emulsify means to join and stabilize two things that aren’t compatible, like water and oil (fat in liquid state, cocoa butter for chocolate, and nut oils for the pralinés). The more friction there is between the water and the fat, the finer the emulsion will be with a smoother texture and longer shelf life (and also a fresher sensation in the mouth).

Required equipment: an immersion blender

- Use chocolate in chunks or chopped up.
- Heat or boil the liquid in the recipe.
- Pour about one quarter of the hot liquid over the chocolate. Let sit for 2 minutes.
- Begin to mix with a spatula: the chocolate will quickly thicken, then will often split. In the beginning, stir energetically to help it to split.
- Next, add the second quarter of the hot liquid. Continue to mix energetically to begin to create a smooth, shiny, elastic core. This is the sign that the emulsion process has begun correctly.
- Add the third quarter of the hot liquid and continue to mix energetically. At this point, it’s okay to use the immersion blender to finish the emulsion. Be careful: make sure that the temperature is at least 95-104°F (35-40°C); below 95°F (35°C), the cocoa butter can begin to harden.
- Finally, add the rest of the hot liquid and blend for a few seconds until the texture is smooth, silky, and very creamy. Mission accomplished!
- Let it rest in the refrigerator for 3-5 hours, or even better, overnight. The cocoa butter will recrystallize nicely, resulting in a pleasant texture.

Now you know everything, or almost everything, to successfully make a ganache, a wonderful chocolate mousse, a sauce, or a parfait... Everything you need to be an expert!

MELTING CHOCOLATE

In theory, all chocolates melt on their own, thanks to the cocoa butter. It’s a huge error to add any water to help them melt. On the contrary, it might make things difficult later on! Always melt chocolate slowly. It burns easily, and excessive heat may damage it. It’s best to use a double boiler or a microwave on a defrost setting or at 500 watts maximum. When we specify temperatures to reach, it’s important to respect this information. Otherwise, the chocolate may crystallize. In other recipes, like the ones where we add a hot liquid, for example, the temperature of the melted chocolate isn’t as important and, therefore, is not specified.