

Marshmallow Baby Bears




VALRHONA
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Marshmallow Baby Bears

AN ORIGINAL RECIPE BY

L'École Gourmet Valrhona

Makes 18 marshmallow baby bears

Difficulty 

To be done on the day:

Dark chocolate marshmallow
Tempering

Required utensils:

KitchenAid with bowl and
whisk attachment
Thermometer
"Bear cubs" silicone mould

DARK CHOCOLATE MARSHMALLOW

Preparation time: 15 minutes

Leave to sit for: 12 hours at 16°C

225g Caster sugar
95g Water
12g Gelatine powder
65g Water (to rehydrate the
gelatine)
130g Egg whites
100g **GUANAJA 70%**
chocolate
10g **Cocoa powder**

Dissolve the gelatine powder in cold water.

Cook the sugar and water at 110°C.

Add the melted gelatine and combine with the beaten egg whites.

Beat at a constant medium speed until firm.

When the marshmallow is still warm, use a spatula to stir in the melted

GUANAJA 70% chocolate and the **cocoa powder**.

When the mixture reaches 45/50°C, pour it into a piping bag without
a nozzle and pipe it into the "bear cubs" silicone mould greased with
grape seed oil. Leave to set for 12 hours.

TEMPERED CHOCOLATE OR INSPIRATION

Preparation time: 20 minutes

600g **STRAWBERRY
INSPIRATION**
or **GUANAJA 70%** chocolate
or Blond **DULCEY 35%**

Melt the chocolate or the Inspiration at 45°C, then temper it using the
seeding method.

Coat the marshmallows with the seeded and tempered couverture.

** Check out the chef's tip to see how to temper your couverture using the seeding technique.*

Chef's Tip





Tempering using the seeding technique, for 600g of chocolate: melt two thirds of the chocolate
in a bain-marie or in the microwave. Increase the temperature to 50/55°C. Once this temperature
has been reached, add the remaining third of the unmelted chocolate.

Start mixing by hand, then using a hand blender. Be careful not to incorporate any air bubbles.

Check the temperature of the chocolate - it should be 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 two hours at room temperature.

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