

# Hetsika



# Hetsika, a recipe inspired by B Corp

Our work to drive forward a collective movement that unites the gastronomy world also entails **inspiring customers and dreaming up pastry-making's future together**. With this in mind, Valrhona has come up with **a recipe inspired by B Corp's philosophy**. From the choice of ingredients to the various stages involved in creating this dessert, nothing was left to chance by Baptiste Sirand, pastry chef and instructor at L'École Valrhona who, along with Jérémy Aspa, won the 2022 Meilleur Pâtissier: Les Professionnels television show.

**Carefully selected quality ingredients** are the basis for this dessert. **Millot 74% Single Origin organic-certified chocolate** comes from the Millot plantation, all of whose crops have been purchased by Valrhona for more than 30 years. According to studies carried out by Valrhona and the NGO Nitidae, cocoa from Millot has a **carbon footprint of 0.57kg of CO2 per kilo of cocoa** (measured from the producer's plantation to the Valrhona chocolate factory), compared with an average of 23kg CO2 per kilo for all cocoa. Other ingredients include Norohy's 100% traceable and certified organic Madagascar vanilla, sourced from the Maroantsetra and Mananara regions, Blackdown and Andorine Black Currant purée, from Adamance, produced in Burgundy by our partner grower Florent Baillard, who has High Environmental Value certification, and is committed to reintroducing insect pollinators into orchards and to saving the sector, and organic-certified French sugar. In addition to this, chef Baptiste Sirand used French honey from Manufacture du Miel, an ethical maker that actively supports the Observatoire Français d'Apidologie and its efforts to protect bees. Carefully chosen low-carbon hazelnuts (0.52kg of CO2eq/kg) round off the recipe.

**"Reasonable Indulgence" principles** have been applied to the recipe to make sure our pastries are not just consistently indulgent, but ethical too. This concept was invented by Valrhona's exploratory pastry chef Frédéric Bau and detailed in his book of the same name published in 2020 by Éditions La Martinière. "Reasonable Indulgence" asks us to **rethink pastry-making's rules to make it better for people and the planet, without compromising on taste**. Using vegetable fats such as hazelnut oil, for example, has a dual advantage. They are good for your health (containing only 6% saturated fatty acids on average, compared with 55-60% for butter), but they also have a more intense flavor - which is why vegan ingredients are no longer just for 100% vegan pastries and can be used every day of the week. A reduced sugar count and some new Essentials recipes are other important final parts of the picture.

Because **forward-looking pastry-making is also more energy-efficient**, this recipe doesn't require the use of a freezer and the baking process has been thought through particularly carefully. Only 0.199 kWh of energy went into making this dessert (for 8 minutes of cooking at 355°F or 180°C), whereas low-temperature cooking would have required 0.495 kWh (30 minutes at 250°F or 120°C), and steaming 1.917 kWh (15 minutes at 230°F or 110°C).

The recipe has been **thought through to the last detail**. Fleur de sel has been chosen over fine salt because it is richer in magnesium, calcium, and potassium.



# Baptiste Sirand

**PASTRY CHEF INSTRUCTOR**  
ÉCOLE VALRHONA

Makes 48 6cm mini gâteaux

## PLANT-BASED LIQUID STARCH FOR "MILLOT 74% VEGAN CRÉMEUX"

600 g Oat drink  
60 g Glucose DE60  
20 g Cornstarch  
680 g Total weight

Heat the oat drink with the glucose syrup.  
At 75°F (25°C), add the corn starch and cook to 200°F (95°C).

## MILLOT 74% VEGAN CRÉMEUX

650 g Plant-based liquid starch  
350 g MILLOT 74%  
1000 g Total weight

Once the liquid starch is made, slowly combine the warm mixture with the melted chocolate to make an emulsion using a spatula.  
Immediately mix using an immersion blender to create a perfect emulsion. Leave to set in the refrigerator.

## HAZELNUT PRALINÉ WHIPPED GANACHE

4 g Water for the gelatin  
20 g Gelatin powder 220 Bloom  
290 g Hazelnut drink  
12 g Potato starch  
170 g 66% nutty hazelnut praliné  
70 g Pure Piedmont hazelnut paste (PGI, medium)  
40 g Cocoa butter  
150 g Whipping cream  
756 g Total weight

Mix together a small portion of the cold hazelnut milk with the potato starch.  
Heat the rest of the liquid to between 185°F (85°C) and 195°F (90°C).  
Combine some of the hot milk with the hazelnut milk and starch mixture.  
Put everything back in the pan and bring to a boil.  
Add the bloomed gelatin.  
Emulsify the hot liquid with the praliné, hazelnut paste, and melted cocoa butter.  
Add the cold whipping cream.  
Set aside at 60°F (4°C) for 24 hours.

## VEGAN HAZELNUT SHORTBREAD CRUST

50 g Cocoa butter  
240 g Pure Piedmont hazelnut paste (PGI, medium)  
135 g Confectioners' sugar  
275 g All-purpose flour  
80 g Piedmont hazelnut flour (PGI)  
3 g Fine salt  
8 g Baking powder  
95 g Hazelnut drink  
886 g Total weight

Mix the melted cocoa butter with the pure hazelnut paste.  
Mix into the sifted dry ingredients.  
Finish by mixing in the warm hazelnut drink. As soon as you have a smooth dough, stop mixing.  
Immediately spread between two sheets of paper to a thickness of 2.5mm.  
Set aside in the refrigerator or bake immediately for 14 minutes at 355°F (180°C).

## FRUITY BLACK CURRANT & IOTA CONFIT

65 g Sugar  
5,5 g Pro-Pannacotta Iota  
345 g 100% Blackdown and Andorine black currant purée  
345 g Fresh black currant  
760,5 g Total weight

Mix the sugar and Iota, then sift the mixture onto the black currant and black currant purée mix cooled to 40°F (4°C).  
Mix with an immersion blender until homogenous, then heat to 185°F (85°C), stirring all the while.  
Use immediately.

## SOFT HAZELNUT SPONGE

515 g Piedmont hazelnut flour (PGI)  
50 g Cornstarch  
5 g Baking powder  
10 g Norohy Madagascar organic vanilla paste  
105 g Hazelnut oil  
370 g Eggs  
260 g Hazelnut drink  
285 g Cru de Bourgogne Honey  
1600 g Total weight

Mix together the hazelnut flour, cornstarch, baking powder, and vanilla paste.  
Add the oil, eggs, hazelnut drink, and honey, mix them all together, and bake immediately for 8/10 minutes at 355°F (180°C).

## HAZELNUT & MILLOT 74% CRISP

|              |  |
|--------------|--|
| <b>195 g</b> | <b>MILLOT 74%</b>                            |
| <b>45 g</b>  | <b>Cocoa butter</b>                          |
| <b>105 g</b> | <b>50% crunchy nutty praliné</b>             |
| 4 g          | Fleur de sel                                 |
| 5 g          | Norohy Organic Madagascar Vanilla Powder     |
| <b>145 g</b> | <b>Crispy wheat flake cereal</b>             |
| <b>430 g</b> | <b>Hazelnut plant-based shortbread crust</b> |
| 70 g         | Madagascar cocoa nibs                        |
| <b>999 g</b> | <b>Total weight</b>                          |

Melt the couverture chocolate and cocoa butter, then add the praliné, followed by the other ingredients. Mix together.

## MILLOT 74% SPRAY MIX

|              |                     |
|--------------|---------------------|
| <b>180 g</b> | <b>Cocoa butter</b> |
| <b>420 g</b> | <b>MILLOT 74%</b>   |
| <b>600 g</b> | <b>Total weight</b> |

Melt all the ingredients together then spray at a temperature of 105/115°F (40/45°C).

## ASSEMBLY AND FINISHING

**To taste MILLOT 74%**

**To taste Madagascar cocoa nibs**

Make the crèmeux, whipped ganache, shortcrust pastry, and confit.

Make the sponge batter and pour 1650g into a 40 x 60cm frame on a silicone mat and a perforated baking sheet.

Bake at 355°F (180°C) for 8/10 minutes. Place the hazelnut shortbread crust in the oven at the same time and bake for 14 minutes.

Leave the sponge to cool, then cut it into 5cm circles. Store at 40°F (4°C).

Line some 6cm rings (depth: 2cm) with acetate.

To make the crisp, place 13g in each ring and use a spoon to spread it to the edges. Use a 4cm cutter to make the crisp a little thinner. Leave it to set for a few minutes at 40°F (4°C). Turn the rings over so that the crisp has a very smooth surface and add a further 5g, spreading it onto the base. Leave to set at 40°F (4°C).

Use a piping bag fitted with a 9mm nozzle to pipe on 5g of crèmeux.

Add the sponge.

Add 15g of black currant confit.

Place 15g of crèmeux around the edges of the dessert. Store at 40°F (4°C).

Make the spray mix and turn out the petits gâteaux. Use a spray gun to apply a light velvety layer of mix.

Beat the hazelnut whipped ganache and, using a pastry bag fitted with a 14mm nozzle, pipe 15g into the center of the dessert.

Make some dabs of tempered couverture on a strip of guitar paper, then flatten them with a flat utensil, pulling it off in such a way that a suction effect is created. Place on an upside-down large U-shaped yule log mold (ref. 33978). Leave to set.

Place a few nibs between the crèmeux and the whipped ganache.

Use a slightly heated metal straw to create a texture on every other dab of crèmeux (see photo).

Finish off by placing the chocolate decoration on top.