

Plant-based chocolate tart




VALRHONA
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Plant-based chocolate tart

gluten-free

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 6 individual tartlets

To be done the day before:

Vegan cocoa shortcrust pastry
Plant-based NYANGBO 68%
chocolate crèmeux
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 Finely ground almonds
125g Icing sugar
4g Fine salt
1 **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 baking 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 Cornflour
45g Caster sugar
585g Almond drink (1.8% fat)
300g **NYANGBO 68%** Ground
Chocolate

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

Heat to at least 95°C, strain and mix using a hand blender.

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

Mix using a hand 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 Caramelised almonds
60g Caramelised hazelnuts

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

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

Pour 50g of **NYANGBO 68%** chocolate crémeux over the caramelised 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 caramelised 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 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 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 fibre thanks to the addition of lupin flour and cocoa powder.