

Carapricot Tart




VALRHONA
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Carapricot Tart

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes one 16cm dessert for 6

To be done the day before:

CARAMÉLIA 36% crémeux
Apricot confit heart

To be done on the day:

Peanut streusel

Required utensils:

2cm-diameter
half-sphere moulds
16cm diameter tart ring
Brush

CARAMÉLIA 36% CRÉMEUX

Preparation time: 15 minutes

Rest time before use: 12 hours

200g Whole milk
10g Glucose syrup
400g Whipping cream 35%
380g **CARAMÉLIA 36%** chocolate
5g Gelatine sheet

Melt the **CARAMÉLIA 36%** chocolate at 45-50°C and add the glucose syrup.

Bring the milk to the boil and add the rehydrated and wrung-out gelatine.

Strain.

Gradually combine the mixture with the melted **CARAMÉLIA 36%** chocolate to obtain a smooth, shiny, elastic texture. Mix using a hand blender.

Add the cold cream. Mix for a few seconds.

Leave to set overnight in the refrigerator.

APRICOT CONFIT HEART

Preparation time: 15 minutes

Rest time before use: 12 hours

300g Apricot juice
30g Caster sugar
9g Pectin NH

Heat up the apricot juice. Mix the sugar and pectin NH thoroughly. When the apricot juice reaches around 40°C, sprinkle in the sugar and pectin mix.

Stir well until it comes to a rolling boil.

Pour into 2cm-diameter half-sphere moulds and freeze.

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(Continued)

PEANUT STREUSEL

Preparation time: 20 minutes

Rest time before use: 30 minutes

Baking time: 20 minutes

60g	Softened butter
80g	Brown sugar
80g	Finely ground hazelnuts
20g	Peanut butter*
1	Pinch fleur de sel

**See the nutrition tip section at the end of the recipe for an alternative ingredient.*

Stir all the ingredients using a paddle attachment in a food processor or directly by hand until you have a rough crumble mix. Spread the mix evenly over a 30 x 40cm tray then freeze for around 30 minutes.

Take the streusel out of the freezer and arrange it in a greased 16cm diameter tart ring.

Bake at 160°C in a fan oven for 20 minutes, then gently turn out.

ASSEMBLY

At the bottom of the 14cm-diameter ring, place your domes of still-frozen apricot confit, with the rounded side facing upwards.

Cover the apricot confit domes using **CARMELIA 36%** chocolate crèmeux. Fill to the brim and freeze.

Once the disc is frozen, turn it out and coat it with a thin layer of a neutral glaze to add shine to its appearance. Then, place the disc on the peanut streusel.

Chef's tip

You can replace the candied apricot centre with another fruit depending on the season: citrus, raspberries, pears, etc.

Nutrition tip

In the streusel recipe, the peanut butter may be replaced by your choice of nut purée: almond, hazelnut, cashew, etc.