



FRESH AS^o
EVERYDAY GOURMET RECIPE

Chocolate Dipped
Freeze dried Fruits

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Ingredients

500g Couverture Chocolate chopped (we use Valrhona)
Fresh As Raspberries, Pineapple, Lychee and Mandarin

To Temper Chocolate

Place pot of water onto simmer.

In a glass or metal bowl, place 2/3 chopped chocolate and gently melt over the water. Don't allow the bottom of the bowl to touch the water.

Using an accurate thermometer, warm the chocolate to 50°C, stirring regularly until completely melted.

Remove from heat. Add the remaining chocolate and stir vigorously until all the chocolate has cooled. It should sit between 31°C and 32°C.

Your chocolate should now be in temper. Using the pot of water to keep the temperature at this level (31°-32°C), dip the freeze dried fruit into the chocolate using a pair of tweezers.

Shake off excess chocolate and place on a tray lined with grease-proof paper.

Leave to set in a cool dry area.

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Photography by Bruce Nicholson