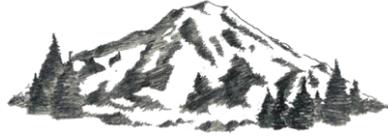


W I L D  
P E A K S  
C H O C O L A T E S



Anne-Laure Ropars  
[www.wildpeakchocolates.com](http://www.wildpeakchocolates.com)

## Mendiant recipe

How to temper chocolate to get a snappy and beautiful finish



Have you ever wondered why the chocolate you buy is shiny and snappy, but home melted chocolate that is then left to cool is dull, splotchy and soft at room temperature? This is because the former is properly “tempered”, while the latter isn’t.

At room temperature, cocoa butter, the fat in chocolate, has a crystalline texture. When the chocolate is melted, the cocoa butter crystals melt into amorphous molecules. When it cools back down, cocoa butter can re-crystallize into any of six different forms of crystals. Only one of these, the beta crystal, gives chocolate its beautiful and snappy finish.

The process of melting and controlled cooling of the chocolate to achieve the right kind of crystallization is called tempering. Tempering works only for chocolate with cocoa butter fat, not for compound chocolate or summer coating, which contain other types of fats.

## Instructions (makes about 25 mendiants)

Follow the steps below and you will get the perfect finish for beautiful and delicious mendiants..

### Ingredients:

- 300g good quality dark *couverture* chocolate (chocolate with higher cocoa butter content), preferably in chips or wafers. You can find these in bags on Amazon. Valrhona or Cacao Barry are two good brands we like to use.
- Toppings: nuts and dried fruit such as hazelnuts, almond, pistachio, apricot, orange peel, cherry, cranberries, candied ginger, coconut, etc.

### Utensils:

- A precise kitchen thermometer
- A bowl, in pyrex or plastic if you use the microwave, pyrex if you use the double broiler method
- A spatula
- A sheet parchment / waxed paper.
- A tablespoon

Before tempering your chocolate, roast the nuts and organize your toppings so they can be easily accessed.

To roast the nuts, place them on a sheet pan and roast for 10- 15 minutes at 350°F (180°C), depending on your oven and how toasted you like them.

Prepare a sheet of parchment paper on a flat surface for the mendiants

### **Temper the chocolate using the seeding method - the easiest!**

The instructions below are for dark chocolate. Temperatures for milk and white chocolate are provided at the end of this document.

Make sure all equipment that comes in contact with the chocolate remains completely dry. Any water may cause the chocolate to seize or develop stains as it cools down.

Using a microwave or the double boiler method, melt 220g of the chocolate (about 3/4), stirring often until the thermometer registers around 115-120°F (46 - 50°C). Make sure the bowl is large

enough to extend beyond the saucepan on which it sits, and that its bottom does not touch the water in the pan.

If using the microwave, heat the chocolate in sessions of 30 seconds, mixing well in between each. Once the temperature is within 5°C of the desired temperature, reduce the heating sessions to 10 seconds each.

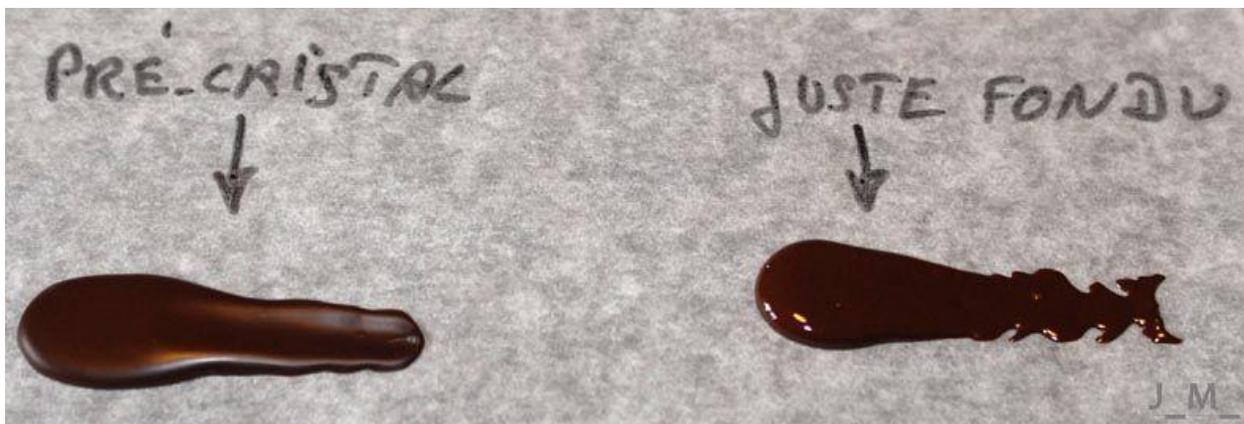
Once at temperature, remove the bowl from the heat source and pour the remaining chocolate chips (the crystallized “seed”) into the melted chocolate to bring the temperature down, stirring constantly.



If all the chips melt fully too quickly, add a few more chips. Stir until the temperature drops to 88 - 90°F (31 - 32°C). You're done! You have reached the “working temperature”.

Test your temper by dipping a piece of parchment paper into your chocolate. Let it sit at room temperature for a couple of minutes. The chocolate should harden and appear smooth with a sateen finish. If it's streaky or still runny after a few minutes, try stirring in a few more chips into the chocolate, heating it by one degree if necessary to melt the chips. Wait a few minutes, stirring intermittently, and test again.

While working with the chocolate, make sure you keep it at working temperature. You can use a hairdryer at regular intervals or the double boiler method for a minute over low heat.



Tempered chocolate will thicken over time, as crystallization keeps progressing. Heating it slightly using the methods above will help improve the fluidity.

### **Make the medallions**

Once the chocolate is in temper, fill about half a tablespoon with chocolate and pour it onto the parchment paper. Using the back of the spoon, flatten the chocolate into a disk.

Make two to three disks in one go before lightly pressing the toppings of your choice on top of each disk. Work fast as chocolate settles quickly.

Keep your spoon clean and repeat until you are done, making sure you keep the chocolate at working temperature throughout.

Leave to crystallize for 30 minutes. The medallions are ready.

If you have any chocolate left, pour it on parchment paper and leave to cool. It will be easier to break and store than leaving it in the bowl.

### **Tempering temperatures for dark, milk and white chocolate:**

	heat to	Seed and cool to:
Dark chocolate	115-120°F (46 - 50°C)	88 - 90°F (31 - 32°C)
Milk chocolate	104 – 115°F (40°C - 45°C)	84 – 86°F (29°C-30°C)
White chocolate	104 – 115°F (40°C - 45°C)	82 – 84°F (28°C-29°C)