

The Hazelnut



Serves :

8



Prep :

2h30



Rest :

Freezing : 6-8h
Refrigeration : 12h



Cook :

Temperature : 329°F
Time : 15 min.

Special equipment

Ø 3,5cm Half-spherical mold

Ø 5,5cm Spherical mold

List of recipes

- ✓ Hazelnut praline
- ✓ Whipped ganache
- ✓ Chocolate caramel
- ✓ Hazelnut crunch
- ✓ Hazelnut gel
- ✓ Coating
- ✓ Glaze



Steps

D - 2

- 🌀 **Making the hazelnut praline** Page **3**
Set aside at room temperature
- 🌀 **Making the ganache** Page **3**
Refrigerate for at least 6 hours
- 🌀 **Making the chocolate caramel** Page **4**
Refrigerate for at least 6 hours

D - 1

- 🌀 **Making the hazelnut crunch** Page **4**
- 🌀 **Making the hazelnut gel** Page **4**
- 🌀 **Making the inserts** Page **5**
Freeze for 6-8 hours
- 🌀 **Making the hazelnut core** Page **5**
Freeze for 6-8 hours

D-Day

- 🌀 **Sculpting the hazelnut** Page **5**
Freeze for at least 2 hours
- 🌀 **Coating - Glazing (Kappa)** Page **5**
Refrigerate for at least 3 hours

Ingredients

- ✓ 250 g ~ Hazelnuts
- ✓ 75 g ~ Superfine sugar
- ✓ 5 g ~ Fleur de sel

Hazelnut praline

- Roast hazelnuts at 165°C/329°F for 15 minutes on a convection setting in the oven.
- Make a dry caramel with the sugar (melt the sugar in several batches until it turns into a beautiful caramel color).
- Add the hazelnuts to the caramel and quickly mix together.
- Pour onto a silicone mat or a piece of parchment paper.
- Once cooled, blend the hazelnuts, caramel, and fleur de sel. You should obtain a smooth paste.
- Store in an airtight container, away from light, at room temperature.



Ingredients

- ✓ 124 g ~ Whole milk
- ✓ 40 g ~ Roasted hazelnuts
- ✓ 52 g ~ White chocolate
- ✓ 16 g ~ Gelatin mass
- ✓ 40 g ~ Hazelnut paste
- ✓ 216 g ~ Whipping cream (30% fat)
- ✓ 50 g ~ Hazelnut praline

Hazelnut ganache

- Roast 40g of hazelnuts at 165°C/329°F for 15 minutes.
- Soak the gelatin in cold water and refrigerate for at least 20 minutes.
- Heat the milk, add the roasted hazelnuts, blend, and let it infuse for 20 minutes.
- Strain the milk to extract 124g (add more milk if needed).
- Melt the ivory chocolate in the microwave in 30-second intervals at 6-700W.
- Heat the milk and create an emulsion on the melted chocolate (in 3-4 times).
- Then add the gelatin mass. Use an immersion blender for this.
- Add the hazelnut paste, praline, and cream.
- Blend.
- Cover with plastic wrap and refrigerate for at least 6 hours



Ingredients

- ✓ 42+21 g ~ Glucose syrup
- ✓ 38 g ~ Superfine sugar
- ✓ 20 g ~ Water
- ✓ 100 g ~ Whipping cream (30% fat)
- ✓ 1 g ~ Fleur de sel
- ✓ 36+60 g ~ Milk
- ✓ 36 g ~ Dark chocolate (72%)
- ✓ 28 g ~ Butter
- ✓ 150 g ~ Hazelnut paste

Chocolate caramel

- Cook the glucose (42 g), sugar, and water over medium heat until you get a nice amber color.
- Remove from heat and deglaze with the cream, milk (36 g), and glucose (21 g) that has been preheated in the microwave (1 min30 to 2 min on max power).
- Cook at 102°C/215°F while stirring constantly with a whisk, then cool to 70°C/158°F.
- Add the chocolate, butter, hazelnut paste, and fleur de sel. Mix.
- Finish with the milk (60 g).
- Mix until you get a smooth and creamy mixture.
- Cover with plastic wrap and refrigerate for at least 6 hours.



Ingredients

- ✓ 40 g ~ Roasted hazelnuts
- ✓ 40 g ~ Hazelnut praline

The hazelnut crisp

- Roast the hazelnuts at 165°C/329°F (15 minutes).
- Crush them (mix coarsely), then add the praline.



Ingredients

- ✓ 300 g ~ Hazelnut milk
- ✓ 21 g ~ Superfine sugar
- ✓ 54 g ~ Egg yolks (x3)
- ✓ 3 g ~ Xanthan gum
- ✓ 45 g ~ Hazelnut paste

Hazelnut gel

- Make a custard with hazelnut milk (whisk egg yolks with sugar, add boiling hazelnut milk, then cook over medium heat until it thickens to a maximum of 82°C/180°F. It should just start to thicken).
- Cool (covered with plastic wrap) in the refrigerator for 1 hour.
- Then mix in a food processor with xanthan gum and hazelnut paste. Mix for 2 to 3 minutes. You will get a very creamy and light mixture.
It looks like a hazelnut Mont-Blanc dessert!
- Transfer to a piping bag and reserve for later.



The inserts

- In flexible half-sphere molds with a diameter of 3.5 cm, make an insert with the hazelnut gel, chocolate caramel, hazelnut crunch, and praline.
- Place in the freezer.



Shaping the hazelnut

- Whip 3/4 of the ganache until it is not too firm. The remaining 1/4 will be used to form the tip of the hazelnut.
- In 5.5 cm diameter spherical molds, pipe the hazelnut ganache and place the insert in the center.
- Place in the freezer for at least 6 hours before continuing and use the remaining ganache to make the tip and slightly hollow out the opposite side using a vegetable peeler or knife.
- Return to the freezer for at least 2 hours.
- Using gloves and the heat from your hands, smooth out any imperfections.



Ingredients

✓ Coating

- ☑ 250 g ~ Milk chocolate (36%)
+ 250 g ~ Cocoa butter
- ☑ 50 g ~ Dark chocolate (72%)
+ 50 g ~ Cocoa butter
- ☑ 50 g ~ White chocolate
+ 50 g ~ Cocoa butter

✓ Glaze

- ☑ 500 g ~ Water
- ☑ 75 g ~ Superfine sugar
- ☑ 50 g ~ Glucose syrup
- ☑ 7,5 g ~ Kappa

Coating and glazing

- Melt the cocoa butter and milk chocolate in the microwave in 30-second intervals at 6-700W and set aside at room temperature.
- For the kappa glaze, bring all the ingredients to a boil for 2 minutes.
- Transfer the glaze to an airtight container.
Beware, kappa gels under 48°C/119°F!
- Melt the cocoa butter and white chocolate in the microwave in 30-second intervals at 6-700W. Do the same for the dark chocolate (be careful not to exceed 50°C/122°F)! And reserve in small cones or pastry bags.
- Prepare some wooden sticks and a foam board if possible.
- When the milk chocolate reaches 27°C/81°F, pipe some stripes with the dark and ivory chocolate coating.
- Dip the frozen hazelnut, with the tip facing downwards, until the top of the nut, leaving a round uncoated spot of about 1 cm.
- Wait for 2-3 minutes, then dip the hazelnuts into the kappa at about 55°C/131°F.



Tips

❖ The kappa :

This dessert is not complicated in itself, the only delicate part concerns the use of kappa (as a reminder, it is a natural gelling agent derived from algae).

Indeed, kappa is very sensitive to temperatures and easily gels under 50°C/122°F. That's why the container must be covered when not in use and it must be stirred before each use, as a thin gel layer forms very quickly on the surface! If it is too hot, it will melt the layer of chocolate on the hazelnut. This is therefore a step where you need to be quick, whether for glazing all the hazelnuts or for the time you dip the hazelnut in the kappa. According to my tests, it is necessary to work with a kappa between 53 and 55°C/128-131°F.

Not only is this the most complicated part of the dessert, but it also brings the least amount of gustatory interest! Indeed, this gelling side, without any real taste, can bother some people (who will ultimately not eat it).

This gelling agent is used for its visual aspect and to protect the part of the hazelnut that has not been coated in chocolate.

Unfortunately, I have not found any other effective alternatives. 😞