



## Chocolate Fondue with Candied Orange Peel, Raspberries, and Almond Macaroons

 Gluten Free

READY IN



1500 min.

SERVINGS



2

CALORIES



1111 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup almond paste pure (5 oz; not marzipan)
- ☐ 3 oz bittersweet chocolate 64% (no more than cacao if marked)
- ☐ 1.3 oz blanched almonds and sliced
- ☐ 1 tablespoon brandy
- ☐ 1 large egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup cup heavy whipping cream

- ☐ 2 navel oranges
- ☐ 0.5 pint raspberries
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup water

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ wax paper
- ☐ pastry brush

## Directions

- ☐ Cut off a 1/2-inch slice from top and bottom of each orange to expose fruit, then score orange peel from top to bottom at 1/3-inch intervals, cutting through pith, with a sharp knife. Pull off each strip of peel, including pith, with your fingers and put in a 2- to 3-quart heavy saucepan. (Reserve fruit for another use.) Fill pan with water, then add 1/4 teaspoon salt and bring to a boil. Boil, uncovered, 10 minutes, then drain peels in a sieve. Repeat procedure with more cold water and remaining 1/4 teaspoon salt, then set peels aside. (If peels are not very tender, repeat procedure a third time.)

- ☐ Put a sheet of parchment paper or wax paper on a baking sheet and set baking sheet on a rack.
- ☐ Bring granulated sugar and water (1/4 cup) to a boil in cleaned saucepan over moderately high heat, stirring and brushing any crystals from side of pan with pastry brush dipped in cold water until sugar is dissolved.
- ☐ Add peels to syrup in pan and cook, stirring frequently, until most of syrup is absorbed by peels, 4 to 5 minutes.
- ☐ Transfer peels to lined baking sheet, separating strips.
- ☐ Let dry until only slightly sticky, at least 1 hour. make macaroons: Put oven rack in middle position and preheat oven to 325°F. Butter a large baking sheet and put almonds in a shallow bowl.
- ☐ Blend together almond paste, egg white, and salt in a food processor until smooth, then transfer dough to a small bowl or a sheet of wax paper.
- ☐ Transfer slightly rounded teaspoonfuls of dough, a few at a time, to almonds and turn to coat completely, then transfer to baking sheet as coated, arranging balls about 1 inch apart.
- ☐ Bake until tops are pale golden and undersides are golden, 20 to 25 minutes.
- ☐ Transfer to a rack to cool.
- ☐ Finely chop chocolate (preferably in a food processor) and transfer to a small bowl.
- ☐ Bring cream, butter, and Cognac to a simmer in a 1/2- to 1-quart saucepan over moderate heat.
- ☐ Remove from heat and add chocolate, stirring until melted and smooth.
- ☐ Transfer to fondue pot and set over candle flame or to small warmed bowl (chocolate will stay warm enough for dipping for about 20 minutes without candle).
- ☐ Arrange raspberries, orange peel, and macaroons on a plate (use wooden picks for raspberries) and serve with fondue.
- ☐ ·Orange peel can be dried up to 8 hours and can be kept in a sealed plastic bag at room temperature 2 days.·Macaroons can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature.·Chocolate can be chopped 1 day ahead and kept, covered with plastic wrap, at room temperature.·If leaving chocolate fondue over candle for any length of time, stir occasionally to avoid scorching.

## Nutrition Facts



Properties

Glycemic Index:55.55, Glycemic Load:36.57, Inflammation Score:-9, Nutrition Score:35.390434835268%

Flavonoids

Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 1110.53kcal (55.53%), Fat: 58.9g (90.62%), Saturated Fat: 22.05g (137.79%), Carbohydrates: 135.13g (45.04%), Net Carbohydrates: 116.48g (42.36%), Sugar: 104.99g (116.66%), Cholesterol: 51.22mg (17.07%), Sodium: 198.9mg (8.65%), Alcohol: 2.51g (100%), Alcohol %: 0.62% (100%), Caffeine: 36.57mg (12.19%), Protein: 16.9g (33.8%), Vitamin C: 113.97mg (138.14%), Manganese: 2.21mg (110.68%), Vitamin E: 13.8mg (91.97%), Fiber: 18.65g (74.6%), Magnesium: 241.86mg (60.47%), Copper: 1.15mg (57.47%), Phosphorus: 430.42mg (43.04%), Vitamin B2: 0.64mg (37.57%), Folate: 124.61µg (31.15%), Iron: 5.25mg (29.16%), Potassium: 1005.11mg (28.72%), Calcium: 279.51mg (27.95%), Zinc: 3.2mg (21.31%), Vitamin A: 1019.59IU (20.39%), Selenium: 11.32µg (16.17%), Vitamin B1: 0.23mg (15.63%), Vitamin B3: 3.13mg (15.63%), Vitamin K: 13.73µg (13.08%), Vitamin B6: 0.24mg (12.12%), Vitamin B5: 1.12mg (11.17%), Vitamin D: 0.58µg (3.87%), Vitamin B12: 0.15µg (2.51%)