



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 fine-quality bittersweet chocolate 64% (no more than cacao if marked)
- ☐ 1.3 oz blanched almonds and sliced
- ☐ 1 tablespoon cognac
- ☐ 1 large egg white
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup heavy cream

- ☐ 2 navel oranges
- ☐ 0.5 pint accompaniment: 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, 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, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Hesperetin: 30.62mg, 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 B3: 3.13mg (15.63%), Vitamin B1: 0.23mg (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%)