



Chocolate Truffles

 Vegetarian

READY IN



80 min.

SERVINGS



25

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ancho chile
- ☐ 1 teaspoon ancho chili powder
- ☐ 0.3 cup plus 2 tablespoons malt powder recommended: Ovaltine
- ☐ 2 tablespoons ground cocoa sweetened
- ☐ 2 tablespoons confectioners' sugar
- ☐ 3 pieces crystallized ginger plus more for garnish
- ☐ 0.5 teaspoon fennel seed
- ☐ 1 grapefruit

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream
- ☐ 2 tablespoons quality honey recommended: Tasmanian
- ☐ 2 lemons
- ☐ 2 oranges
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 pound quality semisweet chocolate finely chopped
- ☐ 0.3 cup sugar raw for garnish
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ immersion blender
- ☐ grater

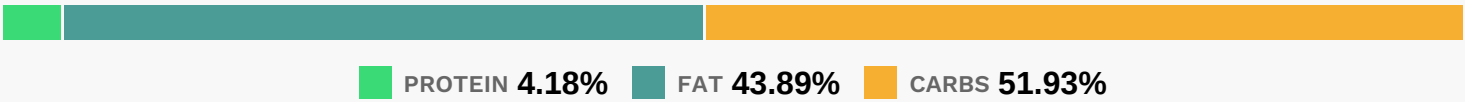
Directions

- ☐ Put the chocolate in a medium heatproof bowl. Bring a saucepan filled with an inch or so of water to a very slow simmer; set the bowl over, but not touching, the water. Stir the chocolate occasionally until melted and smooth. (Alternatively, put the chocolate in a medium microwave-safe bowl. Melt at 50 percent power in the microwave until soft, about 1 minute. Stir, and continue heat until completely melted, about 1 minute more.)
- ☐ Meanwhile, bring the cream and honey to a simmer in a small saucepan over medium heat (or in the microwave). Gradually whisk the cream into the chocolate until smooth and shiny.

- ☐ Whisk in the butter until very smooth. If possible, switch to an immersion blender and blend for about 1 minute for a lovely satiny texture. Cover the surface of the chocolate with plastic wrap; set aside in a cool spot until slightly firm, about 1 hour.
- ☐ Line a baking sheet or large plate very, very tightly with plastic wrap (the wrap will be slightly suspended over the surface of the pan).
- ☐ Transfer the truffle mixture to a piping bag fitted with a plain 1/4-inch tip. Holding the bag about 1/4-inch over the surface of the plastic wrap, pipe about 25 (3/4-inch) cones or truffles.
- ☐ Sprinkle the truffle tops lightly with sugar. Refrigerate until set, about 15 minutes.
- ☐ Once set, the truffles can be held in a cool spot, out of the refrigerator for up to 2 hours. Otherwise, refrigerate the truffles covered, for up to 5 days. Truffles taste best if served room temperature not straight from the refrigerator.
- ☐ Finely grate the zest from the citrus with a fine holed grater, preferably a micro plane.
- ☐ Add half of the zest to the cream, (reserve the rest for decorating the truffles.) Bring the cream, zest and honey to a simmer, remove from the heat. Puree mixture with an immersion blender to combine the flavors. Proceed as above to form the truffles.
- ☐ Gently rub the turbinado sugar and the reserved zest together with your fingers.
- ☐ Sprinkle citrus flavored sugar on top of truffles.
- ☐ Pulse the fennel seed, confectioners' sugar, and cocoa in a spice grinder to a fine powder.
- ☐ Roll basic chocolate truffle in fennel-cocoa mixture.
- ☐ Add 2 tablespoons malt powder to the cream and proceed with the basic recipe as above.
- ☐ Roll finished chocolate truffle in the 1/4 cup malt powder.
- ☐ Stem and seed the chile, then toast in a dry skillet over medium heat until small whiffs of smoke waft from the chile.
- ☐ Add the chile to the cream and honey mixture and bring to a simmer. Cover and let set for 5 to 10 minutes, depending on how spicy you like your truffles. Strain and discard the chile. Proceed as above to form the truffles.
- ☐ Mix the turbinado sugar, chili powder, cinnamon, and sea salt together.
- ☐ Sprinkle seasoned sugar on top of the truffles.
- ☐ Add the crystallized ginger to the cream. Bring cream, ginger and honey to a simmer, remove from the heat and puree with an immersion blender to combine the flavors. Proceed as above to form the truffles. Finely chop additional crystallized ginger to equal about a tablespoon and

lightly press onto the top of truffles.

Nutrition Facts



Properties

Glycemic Index:6.01, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:4.0360869752324%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 113.87kcal (5.69%), Fat: 5.8g (8.92%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 13.38g (4.86%), Sugar: 11.78g (13.09%), Cholesterol: 6.55mg (2.18%), Sodium: 30.58mg (1.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.18mg (3.06%), Protein: 1.24g (2.48%), Vitamin C: 13.85mg (16.78%), Vitamin A: 618.54IU (12.37%), Manganese: 0.16mg (8.24%), Fiber: 2.05g (8.2%), Copper: 0.15mg (7.4%), Magnesium: 23.35mg (5.84%), Iron: 0.86mg (4.76%), Potassium: 143.5mg (4.1%), Phosphorus: 38.28mg (3.83%), Vitamin B2: 0.04mg (2.46%), Vitamin K: 2.48µg (2.36%), Zinc: 0.33mg (2.2%), Calcium: 19.99mg (2%), Vitamin B6: 0.04mg (1.95%), Folate: 6.95µg (1.74%), Selenium: 1.19µg (1.7%), Vitamin B1: 0.02mg (1.64%), Vitamin E: 0.23mg (1.54%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.13mg (1.26%)