



## Cook the Book: Salted Caramel-Bittersweet Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 18 ounces bittersweet chocolate 62% 72% divided finely chopped ( to cacao content)
- ☐ 2.5 teaspoons fleur del sel divided fine-grained
- ☐ 5 ounces granulated sugar
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 6 tablespoons butter unsalted
- ☐ 2 tablespoons cocoa powder unsweetened (natural or Dutch process)
- ☐ 1 teaspoon vanilla pure

## Equipment

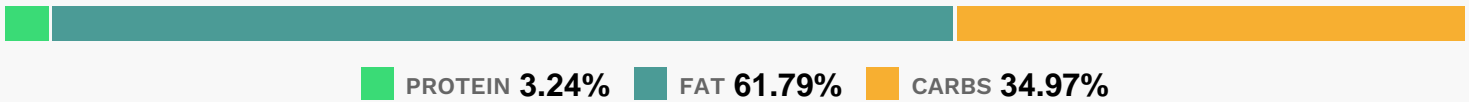
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ plastic wrap
- ☐ double boiler
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula
- ☐ ice cream scoop

## Directions

- ☐ Place 8 ounces of the chopped chocolate in a 2-quart bowl and set aside.
- ☐ Cut the butter into small pieces and place it in a 2-quart saucepan with the sugar. Cook over medium heat, stirring with a heat resistant spatula, until the sugar and butter melt. Raise the heat to medium-high and cook until the mixture turns amber colored, about 5 minutes.
- ☐ At the same time, bring the cream to a boil in a 1-quart saucepan over medium heat. Stir the cream into the butter mixture until completely smooth. Be careful because the cream will bubble and may spatter when added.
- ☐ Remove the saucepan from the heat and stir in the vanilla and 1 1/2 teaspoons of the salt until thoroughly blended. Immediately pour the caramel over the chocolate in the bowl.
- ☐ Let it stand for 15 to 30 seconds, then stir together until smooth. Cover the bowl with plastic wrap and cool to room temperature. Chill until thick, about 1 hour.
- ☐ For the Truffles: Line 2 baking sheets with waxed or parchment paper. Use a 1-inch round ice cream scoop to scoop out the truffles and place them on a baking sheet. Chill uncovered for 20 minutes.
- ☐ Dust your hands with cocoa powder and roll the truffles into balls.

- ☐ Melt 7 ounces of chocolate in the top of a double boiler over low heat, stirring frequently. Or melt the chocolate in a microwave-safe bowl on low power for 30-second bursts. Stir after each burst to make sure that the chocolate is melting evenly.
- ☐ Remove the top pan of the double boiler, if using, and wipe it dry.
- ☐ Add the remaining 3 ounces of chocolate in 3 stages, stirring until it's completely melted. This tempers the chocolate so it won't have any streaks.
- ☐ Keep the chocolate warm over a pan of water that is 2 degrees warmer than the chocolate. Line a baking sheet with waxed or parchment paper.
- ☐ Place a truffle into the melted chocolate and coat completely. Use a truffle dipper or a plastic fork with the two middle tines broken out to lift the truffle from the chocolate.
- ☐ Let the excess chocolate drip off, then place the truffle on the clean lined baking sheet.
- ☐ After dipping 5 truffles at a time, sprinkle a few grains of the remaining salt on top of each.
- ☐ Let the truffles set at room temperature or place them in the refrigerator for 15 minutes.
- ☐ Serve the truffles at room temperature.
- ☐ Note on storing the truffles: Store the truffles between layers of waxed paper in an airtight container in the refrigerator up to 1 month. To freeze up to 2 months, wrap the container tightly in several layers of plastic wrap and aluminum foil. Use a large piece of masking tape and an indelible marker to label the contents. If frozen, defrost the truffles overnight in the refrigerator and bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:1.17, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.5391304418445%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 79.06kcal (3.95%), Fat: 5.5g (8.46%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.26g (2.28%), Sugar: 5.58g (6.2%), Cholesterol: 6.88mg (2.29%), Sodium: 98.77mg (4.29%),

Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Caffeine: 7.7mg (2.57%), Protein: 0.65g (1.3%), Manganese: 0.12mg (5.98%), Copper: 0.11mg (5.66%), Magnesium: 16.05mg (4.01%), Iron: 0.57mg (3.14%), Fiber: 0.74g (2.97%), Phosphorus: 25.4mg (2.54%), Vitamin A: 82.97IU (1.66%), Zinc: 0.25mg (1.64%), Potassium: 54.08mg (1.55%), Selenium: 0.86µg (1.22%)