

Fondue Pur Caraïbe

Recipe calculated for 4 bowls (4-6 persons per bowl)

Cost price: 1.89 € per bowl



FONDUE

355 g full fat milk
 255 g single cream 35 %
 30 g glucose
 635 g PUR CARAÏBE 66 % couverture
 1 vanilla pod

Heat the milk to boiling point with the cream, the glucose and the invert sugar. Infuse the vanilla pod in the mixture.

Partially melt the chocolate, slowly pour the hot mixture onto the chocolate to obtain a shiny and elastic core, showing the start of an emulsion.

Add the rest of the mixture while maintaining the same texture.

Pour the fondue into 4 bowls (approximately 300 g).

Leave the mixture to cool and cover with a polypropylene disk (which should be placed on the surface of the fondue to protect it).

Set aside in a refrigerator.

Before use, remove the polypropylene disk, heat the fondue in a microwave (at approximately 450 W) for one and a half minutes. Mix the fondue for 1 minute to homogenize and finish melting the chocolate.

The fondue should be eaten at a temperature between 42°C and 45°C.

SUGGESTIONS

The fondue can be flavored with spices, tea or fruit pulp:

for a spicy fondue: add 4 g of spices (as for pain d'épices) to the hot milk/cream mixture.

for a tea-flavored fondue: infuse 20 g of Earl Grey "fleurs bleues" tea in the milk and cream overnight in a refrigerator, sieve through a chinois, then, after the chocolate has been mixed in, add 10 g of orange blossom water.

for a tropical-tasting fondue: reduce the quantity of milk to 130 g, prepare the fondue in the same way, adding 90 g of passion fruit pulp at the end.

Any of the Valrhona Grands Crus can be used to make this Fondue recipe.