

Love FRENCH Food

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Recipe: Chocolate truffles

This is a really dreamy chocolate truffles recipe for all secret chocoholics and anyone else loving all things chocolate!

We all know that the French are masters of the craft of chocolate creations as we can see with the Parisian artisan chocolatiers who make the best chocolates in the world. In Paris they have as much respect for chocolate as they do for their finest wines.

Chocolate of course also has a reputation as an aphrodisiac and many years ago chocolate would be blended with medicinal properties such as almond milk or orange blossom to calm and relax. These can still be bought today in the rue des Sts-Pères.

So, if you would like to try your hand at being a chocolatier and indulge yourself with a chocolate aphrodisiac, you will find this chocolate truffles recipe a great little pick me up.

INGREDIENTS

- 10oz (275gm) plain chocolate, chopped
- 6fl oz (175mls) double cream
- 1oz (30g) unsalted butter
- 2 –3 tablespoons brandy (optional)

The Coating

- Cocoa Powder
- Chopped Pistachio nuts
- 14oz (400g) plain chocolate, milk chocolate or white.

METHOD

- Using a bain marie (a small bowl over a pan of hot simmering water) heat the cream in the bowl until boiling.
- Take the pan from the heat and add the chocolate, stirring until melted.
- Stir in the butter until well mixed and add the brandy if using.
- Strain the chocolate mixture through a sieve into a bowl and leave in the refrigerator overnight.
- Prepare a baking sheet and line with baking paper.
- Using two teaspoons or if you have, a small ice-cream scoop and form the mixture into small balls and place them on the baking sheet. If the mixture begins to soften, place it back in the refrigerator. You should get about 20–30 truffles.

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Coating the Truffles

- Sieve the cocoa powder into a bowl and place the truffles in the powder until well coated.
- If using Pistachio nuts, roll the truffles in finely chopped Pistachio crumbs.

Your truffles can now be chilled for up to ten days. Ensure they are wrapped well.

Coating with Chocolate

- Freeze the truffles for about an hour.
- Prepare your chosen chocolate by melting it in a bain marie (a small bowl over a pan of barely simmering water).
- Place the frozen truffles individually in the melted chocolate and place immediately on a baking tray with baking paper and then chill in the refrigerator.

Once they have chilled you can wrap your truffles and store chilled for up to ten days – that is of course if you can possibly keep them for ten days!