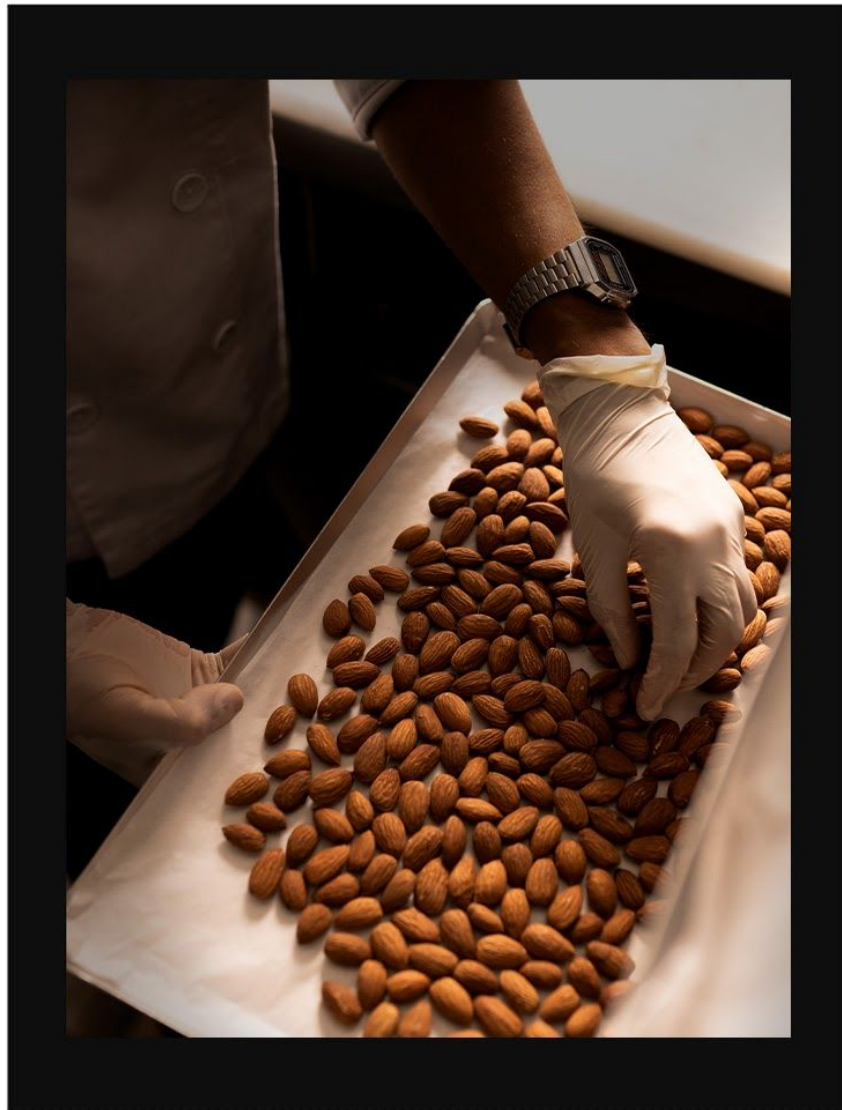


COCOATOWN WORKSHOP | 17 OCT' 2020

NUTS!

AND YOUR COCOATOWN MELANGER

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NUTS AND YOUR COCOATOWN MELANGER

HOW TO MAKE A BASIC 100% NUT PASTE

1. Basic Techniques to making NUT PASTES : Micron size gradient.
2. Raw nut pastes v/s roasted nut pastes
3. Notes on different nuts : Almonds, Walnuts, Pistachios, Peanuts, Hazelnuts, Pinenuts

NUT PASTES v/s NUT BUTTERS

1. Additives : A quick note on Lecithin
2. Flavor regulators : A quick Note on Antioxidants
3. Salt
4. Sugars: Relative Sweetness and Crystalizing Properties
5. Artisanal Nut Butters (Regulating Fat and Texture)

RECIPE 1 ARTISANAL PEANUT BUTTER

NUT BUTTER APPLICATIONS

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|------------|--|
| 1. Praliné | RECIPE 2 LOCAL ALMOND PRALINÉ 70% |
| 2. Duja | RECIPE 3 GIANDUJA |
| 3. Spread | RECIPE 4 'NUTELLA' COCOA HAZELNUT SPREAD |

CREATIVE EXPLORATIONS

RECIPE 5 PBnJ MARSHMALLOW Treat

RECIPE 6 TURKISH GARDEN SPREAD

HOW TO MAKE A BASIC 100% NUT PASTE

Making a basic nut paste could not be easier : simply take your nuts and throw them in your melanger. Wait a day and voila! You have some wonderful, fresh 100% nut paste. However here are some great tips and techniques to better understand the process and make sure you get a fantastic result without damaging your machine.

1. UNDERSTANDING MICRON SIZE

To turn anything into a paste is just a matter of reducing it's micron size. The size of a standard peanut for example is 2 cm which is a whopping 1000 times larger than you would need the grain of the nut to be for it not register on the human palate as individual grains.

The trick to getting your nuts down to 20-30 microns is using a stepwise approach of several rounds of breakdown and then a long conch time.

STEP 1 : Manual selection and chopping

STEP 2 : Mechanical Chopping or Blending until oils separate

STEP 3 : Conching Day 1

STEP 4 : Conching Day 2

You need a very small micron size (long conch) for both smooth and chunky pastes. If you would like to create a paste with a larger micron size you would be branding it as 'Traditional Stone Ground' or 'A L'Ancienne'.

2. RAW v/s ROASTED

Most nut pastes taste better with roasted nuts, as roasting nut pastes brings out maillard notes in the nuts. The best way to roast nuts is in a drum roaster, but given that most people don't have that handy here are the two main schools of thought on how to roast nuts in the oven:

- A. 180c for 15-20 Minutes on Med-Fan
- B. 135c for 35-45 Minutes on High-Fan

Personally I always roast my nuts low and slow, I find that this way the nuts roast more evenly and I have a better consistency in my overall batch as you get very few inevitable acrid, burnt nuts going into your mix.

I also recommend dehulling nuts like Hazelnuts and Peanuts after roasting as it makes the process easier and the resulting nut has a subtly balancing savory nuance.

3. WHAT NUTS TO USE AND WHEN?

You can make nut pastes with basically any nut. Given the nut you choose however, you will have to take significant care to make sure to process each nut in a way that maximizes the flavor and freshness of that nut.

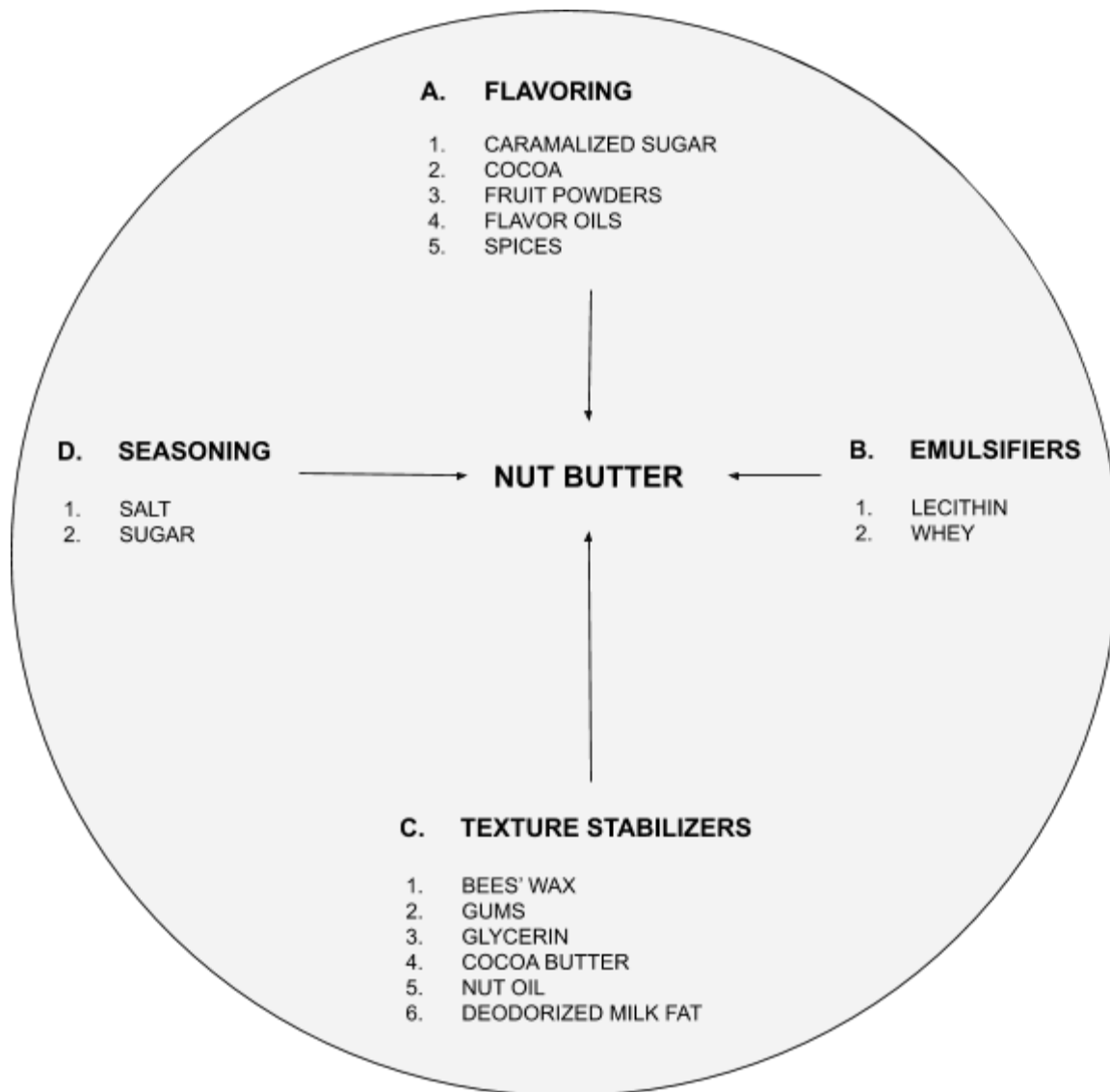
Nuts are naturally very fatty and it is important to respect that when working with them. Hazelnuts are around 55% fat whereas Cashews and Macadamias can be upto 65% fat. This fat not only affects the final texture of the nut-paste but also its susceptibility to getting stale/rancid by oxidation. Nuts that are high in fat are also usually less tolerant to heat and adopt a bitter flavor when overroasted so it is important to roast them for about $\frac{1}{3}$ the amount of time as mentioned above which is standardized for Almonds or Hazelnuts, two of the most commonly used nuts for pastes.

NO.	NUTS	ROASTING	FATS	NOTES
1	Almond	+++		
2	Hazelnut	+++		Piedmont
3	Pistachio	+ / ++		Noble V/s Levante
4	Cashew	+ / ++	High	Oxydation
5	Walnut	+	High	Oxydation
6	Pinenut	++	High	Oxydation
7	Pecan	+++		
8	Macadamia	+	High	

NUT PASTE v/s NUT BUTTERS

Whilst virtually identical, the industry standard is to refer to a nut that has been conched down as 'nut paste'. Nut pastes don't have any additives that stabilize the emulsion, correct for flavor, texture or oxidation.

Nut butters on the other hand are formulated to be eaten as spreads where the major component is the nut-paste. That means it allows for the artisan to work with outer added fats, stabilizers and emulsifiers to ensure that the emulsion is shelf stable. Nut butters are also often subject to seasoning with small percentages of sugars and salts to amplify the natural flavor of the nut, or to micro-correct it so that it's finetuned to the exact outcomes that the artisan is looking for.



RECIPE 1 : ARTISANAL PEANUT BUTTER

INGREDIENTS	G	%
PEANUTS	978	97.8
GREY SEA SALT	4	0.4
SUCROSE	10	1
SUNFLOWER LECITHIN	4	0.4
WAXCONCEPT SOSA	4	0.4
TOTAL	1000	100

INGREDIENTS	METHOD
978g Peanut	<p>Shell the peanuts but do not try and remove the skins. Roast at 135 degrees C for 45 minutes.</p> <p>Winnow off the skins whilst still warm and then allow to cool to room temperature.</p> <p>Pre-Grind in a high speed mixer such as a Robot Coupe until the fats start to release and you form a gritty paste.</p>
10g Sucrose 4g Salt	Add the nut paste to the melanger, along with the Sugar and Salt. process on the loose setting for 4-6 hours. Then periodically tighten every 6-12 hour over the next 48 hours.
4g Lecithin 4g WaxConcept	In the last 4-6 hours, add the Lecithin and the BeesWax.

NUT BUTTER APPLICATIONS

The variations and applications are endless, both sweet and savory. Here are some of the sweet classics that we at ETHER have developed. The three recipes look at three different types of additions to the nut butters:

1. PRALINE : COOKED SUGAR
2. GIANDUJA (or DUJA) : RAW SUGAR & CHOCOLATE
3. NUTELLA : COCOA POWDER AND DIVERSIFIED FATS

RECIPE 2 : LOCAL ALMOND PRALINÉ

INGREDIENTS	G	%
MAMRA ALMONDS	682	68.2
SUCROSE	250	25
SORBITOL	50	5
MALDON SMOKED SEA SALT	10	1
SUCROSE	4	0.4
SUNFLOWER LECITHIN	4	0.4
TOTAL	1000	100

INGREDIENTS	METHOD
682g Almonds	Visually select out spoiled or shriveled almonds. Roast at 135 for 35-40 minutes, turning halfway through. Once roasted, quickly cool to room temperature.
250g Sucrose 25g Sorbitol 4g Salt	Start by heating the sorbitol in a saucepan until a clear pool forms, then adding the sugar a little at a time realise a caramel to 185c. Pout onto a silpat, and sprinkle on the salt. Cool to room temperature and crack. Pre-Grind in a high speed mixer such as a Robot Coupe, along with the roasted Almonds, until the fats start to release and you form a gritty paste.
	Add the nut paste to the melanger, process on the loose setting for 4-6 hours. Then periodically tighten every 6-12 hour over the next 48 hours.
4g Lecithin 4g WaxConcept	In the last 4-6 hours, add the Lecithin and the BeesWax.

RECIPE 3 : GIANDUJA

INGREDIENTS	G	%
PIEDMONT HAZELNUT	331	33.1
VALRHONA BAHIBE MILK CHOCOLATE	331	33.1
ICING SUGAR	331	33.1
MALDON SEA SALT	7	0.7
TOTAL	1000	100

INGREDIENTS	METHOD
331g Piedmont Hazelnuts 331g Icing Sugar 7g Salt	Follow the procedure for the Peanut Butter to make a sweet Hazelnut base, conching until extremely smooth.
331g BAHIBE	In a large bowl mix the melted chocolate (at 45c) into the Hazelnut butter. Allow the mixture to cool to 32c and blend in 10g of Cocoa Butter Silk. Cool to 24c and set in a desired mould. You can use any other method to do this but it is important that you temper the cocoa butter in the chocolate.

RECIPE 4 : 'NUTELLA' CHOCOLATE HAZELNUT SPREAD

INGREDIENTS	G	%
PIEDMONT HAZELNUT	200	20
CANOLA OIL	200	20
COCOA BUTTER	30	3
LECITHIN	4	0.4
SUGAR	400	40
MILK POWDER	70	7
COCOA POWDER	94	9.4
VANILLA	2	0.2
SALT	QS	QS
TOTAL	1000	100

INGREDIENTS	METHOD
200g Piedmont Hazelnuts 200g Canola Oil 30g Cocoa Butter 4g Lecithin	Follow the above recipe to make a hazelnut paste. Melt the Cocoa Butter to 45c and mix in with the hazelnut paste and Oil. Add back into the melanger.
400g Sugar 70g Milk Powder 94g Cocoa Powder 2g Sugar QSG Salt	Add dry ingredients slowly, a little at a time, until emulsified over the course of the first 6 hours of the conching process. Then allow it to run for 48 Hours until completely refined.

CREATIVE EXPLORATIONS

RECIPE 5 : PB&J RICE CRISPY TREAT

INGREDIENTS	G	%
RICE CRISPY TREAT	500	50
FREEZE DRIED STRAWBERRY/ RASPBERRY	50	5.0
MALDON SEA SALT	5	0.5
SMOOTH PEANUT BUTTER	235	23.5
VALRHONA BAHIBE MILK CHOCOLATE	155	15.5
VALRHONA GUANAJA MILK CHOCOLATE	45	4.5
TOTAL	1000	100

INGREDIENTS	METHOD
500g Rice Crispy Treat 50g Freeze Dried Raspberry 5g Salt	Make the rice crispy treat using your favorite recipe and to it add the salt and the freeze dried raspberry. I like to do a combination of berry powder and freeze fried bits. Allow to set.
235g Peanut Butter 155g Bahibe 44g Guanaja	Mix together at 45c and then temper and bring down to 24c. Pour over the Rice Crispy treat and allow to crystallize for 30 mins before cutting.

RECIPE 6 : TURKISH GARDEN SPREAD

INGREDIENTS	G	%
GREEN PISTACHIO	700	70
SUCROSE	200	20
DEXTROSE	77	8.2
PINK HIMALAYAN SALT	5	0.5
DAMASCUS ROSE OIL	10	1
WAXCONCEPT SOSA	4	0.4
SUNFLOWER LECITHIN	4	0.4
TOTAL	1000	100

INGREDIENTS	METHOD
700g Green Pistachios 200g Sucrose 77g Dextrose	For this recipe it is important that you buy skinned, green pistachios. Roast at 135 degrees C for 20-25 minutes. Pre-Grind in a high speed mixer, with the sugars and salt, such as a Robot Coupe until the fats start to release and you form a gritty paste.
	Add the nut paste to the melanger. Process on the loose setting for 4-6 hours. Then periodically tighten every 6-12 hour over the next 48 hours.
10g Rose Oil 4g Lecithin 4g WaxConcept	In the last 4-6 hours, add the Rose Oil, Lecithin and the BeesWax.
50g SOSA WetProof Raspberry 10g Rose Petals	When jarring the spread mix in additions such as freeze dried Raspberry or yogurt bits and dried rose petals.

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