

By Kirsten Tibballs

1 hour 30 minutes

Preparation time

45 minutes

Cooking time

10

Serves

INGREDIENTS

Sugar-coated pecans

80 ml water 110 g caster sugar 105 g pecans

Pecan caramel

Vegetable oil spray, for

greasing 160 ml fresh cream 35% fat ½ tsp vanilla bean paste 1/4 tsp salt flakes 80 g caster sugar 25 g liquid glucose 30 g unsalted butter 10 g honey 1/4 tsp bi-carb soda 40 g good quality dark couverture chocolate 50 g sugar-coated pecans, from above

Ganache

100 ml fresh cream 35% fat ½ tsp vanilla bean paste 250 g good quality milk couverture chocolate

Finishing

Vegetable oil, for greasing 700 g good quality milk couverture chocolate, for dipping

METHOD

Sugar-coated pecans

- 1. Preheat the oven on Intensive Bake at 160°C.
- 2. Place the water and sugar into a saucepan and bring to the boil over medium heat, induction setting 5.
- 3. Add the pecans and continue to boil for 3 minutes.
- 4. Strain the pecans and transfer them onto a lined baking tray.
- 5. Bake in the preheated oven on shelf position 1 for 15 minutes, until dry and crisp.
- 6. Allow to cool completely before roughly chopping.

Pecan caramel

- 1. Lightly grease a 10.5 cm x 21 cm loaf tin with vegetable oil and line it with baking paper.
- 2. Place the cream, vanilla and salt into a saucepan and bring to the boil over medium heat, induction setting 6. Remove from the heat and set aside.
- 3. On medium-high heat, induction setting 7, caramelise the sugar to a light golden colour while gently stirring with a spatula.
- 4. Carefully pour the boiled cream over the caramel then add the glucose, butter and honey.
- 5. Whisk continuously and bring the caramel to 118°C with a food thermometer.
- 6. Turn off the induction cooktop then add the bi-carb soda and chocolate. Whisk well until completely combined.
- 7. Lastly, add the sugar-coated pecans and mix to incorporate.
- 8. Pour the caramel into the prepared tin and allow to set at room temperature.

Ganache

- 1. Place the cream and vanilla into a saucepan and bring to the boil over high heat, induction setting 8.
- 2. Pour the boiled cream and vanilla over the chocolate then whisk to combine.
- 3. Pour the ganache over the prepared pecan caramel and allow to set overnight, or until firm to the touch.

Finishing

- 1. Using an oiled knife, cut the caramel and ganache into 10 even bars, approximately 2 cm thick.
- 2. To temper the chocolate, place it into a saucepan on medium heat, induction setting 4. Stir continuously until you have 50% solids and 50% liquid. Remove from the heat and stir vigorously until the solids have completely melted.
- 3. Dip each bar into the tempered chocolate and sprinkle with the remaining sugar-coated pecans.
- 4. Allow to set at room temperature.