

Pecan caramel bars

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
¼ tsp salt flakes
80 g caster sugar
25 g liquid glucose
30 g unsalted butter
10 g honey
¼ 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

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, caramelize 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.