

# Salt and Serenity

## Hazelnut Praline Truffles

You will need silicone ice cube or candy making molds as well as an instant read thermometer to make these.

$\frac{2}{3}$  cup (100 grams) hazelnuts  
1 cup (198 grams) granulated sugar  
2 Tablespoons water  
2  $\frac{1}{2}$  cups (365 grams) coarsely chopped bittersweet (70-72%) chocolate  
 $\frac{1}{4}$  cup plus 1 Tablespoon coconut oil, melted  
 $\frac{1}{2}$  teaspoon fleur de sel or Hawaiian pink sea salt  
Edible gold flakes (optional)

1. Preheat the oven to 350°F. Place the hazelnuts on a baking sheet, and bake for about 5 minutes, or until fragrant. While the nuts are still hot, transfer them to a Tupperware container and secure lid tightly. Shake container vigorously for about 1 minute until most of the skin falls off nuts.
2. Transfer skinned nuts to a rimmed baking sheet, lined with parchment paper. Discard skins.
3. Place sugar and water in a small heavy bottomed saucepan. No need to stir sugar and water. Cook over high heat. Do not stir. If the edges start to burn, swirl the pot around a few times to coat the edges with water. Continue cooking on high heat until sugar is a deep amber colour, and reaches 355°F-360°F degrees, measured with an instant read thermometer. It will take about 5-7 minutes. Do not walk away.
4. Pour hot sugar over hazelnuts and let cool.
5. When hazelnut praline is cool, break into small pieces and grind into a powder in the food processor. The recipe makes more praline powder than you will need. Measure out 1 cup powder to use and tuck the remainder in a zip loc bag in the freezer to use for another day.
6. In a medium saucepan, bring 1-2 inches of water to a boil. Place a large heatproof mixing bowl on top of the water, and add the chocolate to the bowl. Stir continuously until the chocolate has melted, about 4-5 minutes.
7. While chocolate is melting, using tweezers, place a bit of the edible gold flakes into the bottom of each mold, if using.
8. Remove bowl from heat and stir in coconut oil, 1 cup of hazelnut praline and  $\frac{1}{2}$  teaspoon salt.
9. Transfer melted chocolate mixture to a disposable piping bag. Cut off the tip of the piping bag and pipe mixture into molds.
10. Chill in fridge until chocolate hardens, about 1 hour.

11. Remove from the refrigerator, invert the tray and carefully pop the chocolates out of the mold. Serve!

Chocolates will keep in fridge for about 2 weeks.