

Crispy Marshmallow Bears

Ingrédients

- 250g of dark or milk chocolate according to your preferences
- 10g of gelatin
- 200g of granulated sugar
- 40g of glucose syrup
- 60g of egg whites
- 60g of water
- 2 tablespoons of vanilla extract or vanilla powder
- 50g of milk chocolate
- 70g of hazelnut puree (or praline, I chose hazelnut puree to avoid a result that is too sweet)
- 50g of crushed lace pancakes

Préparation

1. What better excuse than the end-of-year holidays to bring together chocolate, marshmallow, and crunchy praline?
2. For this recipe, I was inspired by Cyril Lignac's bear-shaped treats; they consist of a chocolate shell, vanilla marshmallow, and a crunchy hazelnut praline.
3. Equipment: The bear-shaped silicone mold from Guy Demarle (Referral code FLAVIE10 = 10 off upon registration) I used my Kenwood Cooking Chef to temper the chocolate as well as make the marshmallow: code FLAVIE = 3 accessories of your choice offered with the purchase of a cooking chef / code FLAVIEDREAM = the pasta roller and multifunction bowl + a Le Creuset dish offered with the purchase of a Cooking Chef / commercial collaboration.
4. Ingredients: I used Norohy vanilla extract & Guanaja chocolate from Valrhona: code ILETAITUNGATEAU for 20% off sitewide (affiliate).
5. I used hazelnut puree from Koro: code ILETAITUNGATEAU for 5% off sitewide (non-affiliate).
6. Preparation time: 1h10 + crystallization time
For arge bears: The chocolate shell: of dark or milk chocolate according to your preferences Melt the chocolate very gently in a double boiler or microwave, stirring regularly (if you know how to do it, you can also temper it for an even shinier and crunchier chocolate).
7. Brush the molds to create a thin layer of chocolate over the entire surface.
8. The marshmallow: of gelatin of granulated sugar of glucose syrup of egg whites of water 2 tablespoons of vanilla extract or vanilla powder Place the gelatin in a bowl of cold water.
9. In a saucepan, pour in the water, sugar, and glucose and heat the mixture.
10. When it reaches 115°C, start whipping the egg whites.
11. When the syrup reaches 130°C, pour it over the whipped egg whites while whisking at medium speed.
12. Meanwhile, squeeze the gelatin and melt it for a few seconds in the microwave or in a double boiler.
13. Pour it into the meringue, then add the vanilla.
14. Continue whisking for a few minutes to slightly cool the marshmallow.
15. Then, pour the marshmallow into a piping bag and fill your bear molds to 2/3 full (leave space for the crunchy layer and chocolate to close the bears).
16. You will probably have some marshmallow left over; you can pour it into an oiled frame and let it crystallize before cutting it into cubes.
17. The crunchy hazelnut layer: of milk chocolate of hazelnut puree (or praline, I chose hazelnut puree to avoid a result that is too sweet) of crushed lace pancakes Melt the chocolate, add the hazelnut puree, then the

crushed lace pancakes.

18. Spread the mixture over the marshmallow.
19. All that's left is to close your bears with melted chocolate.
20. Let them crystallize, then unmold your bears and enjoy!

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