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INTERNATIONAL PASTRY ACADEMY

CHOCOLATE CARMEL CREAM



Chocolate Caramel Cream

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Ingredients	Total weight: ~ 360 g	100%
• Glucose syrup (1)	42 g	12%
• Sugar	37 g	10%
• Whipping cream 35%	100 g	28%
• Glucose syrup (2)	20 g	6%
• Sea salt	1 g	<1%
• Whole milk (1)	35 g	10%
• Dark chocolate Valrhona Coeur de Guanaja 80%	35 g	10%
• Butter 82%	30 g	8%
• Whole milk (2)	60 g	17%

1. Warm up the whipping cream, glucose syrup (2), salt and milk (1) to boiling point. This can be done either in a saucepan or in a microwave.
2. Meanwhile add the glucose syrup (1) and sugar to a saucepan and cook to 180 °C / 356 °F or until the caramel is amber in color.
3. Once the caramel is ready, remove it from the heat and slowly pour the hot cream mixture (about 60 °C / 140 °F) into it, mixing constantly with a spatula to prevent the caramelized sugar from clumping.
4. Return the saucepan to the heat and cook the caramel to 105 °C / 221 °F. Check the temperature with a probe thermometer not touching the bottom of the saucepan for accurate reading.
5. Let the caramel cool down to 70 °C / 158 °F. Then mix in the chocolate and the butter with a spatula. Process everything with a hand blender for 1 minute until smooth.
6. Lastly, add the cold milk (2) and mix everything together. Then, in a measuring cup, process the mixture with a hand blender for about a minute.
7. Cover the caramel cream with plastic wrap in contact and place it in the fridge for 6 hours to stabilize.

TIP

- *This cream can be stored in the fridge for 1 week in a sealed container. Alternatively, you can freeze it and keep it for up to 1 month at -18 °C / 0.4 °F. When needed, put it in the fridge overnight to defrost and then use as desired.*



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