

Rochers



Serves: 14

INGREDIENTS

8 ounces (225 grams)
sliced or slivered almonds

1 ounce (30 milliliters) aquafaba*
(or 1 egg white)

1½ ounces powdered sugar

6 ounces tempered
dark chocolate**

Rocher is the French word for “rock.” Once you make them, you’ll understand why they’re called rochers. They are traditionally made with egg whites. However, the aquafaba version produces a superior texture. These are a good option for a bite-sized, healthy dessert and make great gifts.

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line two sheet pans with parchment paper.
2. Combine nuts, powdered sugar, and enough aquafaba (or egg white) to just moisten the nuts.
3. Spread the nuts in a single layer on one of the sheet pans, place into the oven, and roast until nuts are a light, golden brown, turning them several times to ensure an even color. Remove from oven, set on a rack, and cool completely.
4. Combine ½ of the cooled nut mixture with ½ of the tempered chocolate, stir until the nuts are well coated, and then spoon teaspoon-sized mounds onto the other parchment lined sheet pan. Try to make the mounds rounded, not flat. Repeat this process with the remaining nuts and chocolate.
5. Let set until the chocolate is completely firm in a cool, dry, room-temperature place. Store in an airtight container in a room that is 70°F (70°C) or cooler.

NOTES

- *Aquafaba is the reserved liquid in which chickpeas or other legumes have been cooked. Refer to the “Aquafaba” video for more details.
- **You can also use either the Professional Method, or the Quick Method. See the recipes for “How to Temper Chocolate.” The latter will take much longer to set.

Nutritional Info (per 2 rochers): Calories 165, Total Fat 11.7 g, Saturated Fat 2.8 g, Cholesterol 0 mg, Sodium 4.7 mg, Total Carbohydrate 14.3 g, Dietary Fiber 2.7 g, Sugars 10.3 g, Protein 4.1 g, Vitamin A 0%, Vitamin C 0%, Calcium 5%, Iron 5%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.