



MILK CHOCOLATE FENNEL TRUFFLES

Red Wine & Chocolate 2015

INGREDIENTS:

FILLING

8 oz. milk chocolate (pieces or chopped)
1/2 cup heavy cream
4 tbsp. dried fennel seeds

COATING

10 oz. bittersweet chocolate (pieces or chopped)
Flake sea salt for garnish (optional)

DIRECTIONS:

In microwave safe bowl place 8 oz. milk chocolate. In a dry sauté pan toast fennel seeds until fragrant being careful to not burn. Grind toasted seeds using mortar and pestle, food processor or crush with side of knife. Using a saucepan heat cream to a simmer. Add crushed fennel seeds and allow to simmer 15-20 (do not let boil). Remove from heat, allow to steep for up to an additional hour (depending on how strong a fennel flavor you desire; determine by tasting). Pass cream through a sieve to remove seeds and return cream to a simmer. Pour hot cream over chocolate. Allow mixture to sit a moment until it begins to melt then mix well using a spatula to smooth out lumps. Cover and refrigerate mixture until firm and scoopable (approximately 2 hours).

Using a measuring spoon or small scoop (a melon baller works great). Scoop out a small amount of filling and roll into a ball using your hands. Transfer balls to oiled parchment paper. Chill for approximately 30 minutes.

Prepare coating by melting 10 oz. chocolate in a double boiler or in a heatproof bowl set over a pot of simmering water. Once chocolate is melted and smooth, quickly dip each ball of filling into the chocolate and remove (a fork works well for this). Shake off excess chocolate and place dipped truffle onto parchment paper. Garnish with sea salt if desired while still slightly moist. Repeat until all are coated and chill at least 30 minutes to set.