

Pistachios

Ingredients

125g of raw pistachios, not salty, and rolled
30g of almond powder
62g of powdered sugar
18g of water
3 drops of bitter almond extract
1 tbsp peanut oil (or sunflower)

Preparation

The flavor of the pistachio is not very pronounced at the base, and to exalt its aroma, you have to do two things: roast it, and add a few drops of bitter almonds. The latter puts the taste of the pistachio in value, but it is important not to put too much.

As a rule, all dried fruits must be roasted before being used. This significantly increases their aroma.

1. Roast the pistachios: place them on a plate, and leave them in the oven for 15 minutes, at 150 ° rotating heat.
2. In a saucepan, pour the water, then the sugar. Add the thermometer probe, and boil the syrup until they reach 121 °.
3. When the sugar is 121 °, add the pistachios at once, and stir everything:

Here are the roasted pistachios. When adding them in the sugar, the pistachios will sand, it's normal.

4. Now place the pistachios thus covered with sugar with almond powder and bitter almond in the robot tank with a knife, and mix for a few minutes:

Stop the robot and add the tablespoon of oil (seeking well you will see it in the photo):

5. Now you have to mix for a long time! It takes between 5 and 10 minutes. You will see, after a while the pistachio heats up and releases its fat, which will give a superb slightly liquid paste. If you see that your robot suffers too much, stop it for a few moments. But do not confuse the heating of the tank with the engine heating! It is normal for the tank to be hot, it is the pistachios that heat. The engine is below it, and as long as it stays cold everything is fine.

Place the pistachio paste in an airtight glass jar, and keep it at room temperature.

And that's it! You can ganaches, ice creams, cakes, creams! The pistachio is a jewel, I am sure that you will be able to make good use of it ...