

Raspberry, coconut and pistachio chocolate bar

By Kirsten Tibballs

2 hours 30 minutes

Preparation time

8

Serves



INGREDIENTS

Raspberry pate de fruit

Vegetable oil spray, for greasing
155 g whole raspberries
15 g caster sugar (A)
1 ¼ tsp citrus pectin
135 g caster sugar (B)
40 g liquid glucose, warmed
1 tsp fresh lemon juice

Coconut and pistachio crunch

90 g good-quality white chocolate
15 g neutral vegetable or seed oil
30 g pistachios, roughly chopped
10 g rice bubbles
1 tbsp desiccated coconut, toasted
Pinch of salt

Dark chocolate coating

400 g good-quality dark chocolate
40 g neutral vegetable or seed oil
70 g desiccated coconut, toasted
2 tbsp shaved coconut

METHOD

Raspberry pate de fruit

1. Grease a loaf tin, 100 mm x 200 mm in size. Line the base and sides with two strips of baking paper, crossing them so they overlap on the base.
2. Puree the whole raspberries, then sieve to remove the seeds.
3. Weigh out 135 g of the raspberry puree and place it in a saucepan over medium-high heat, induction setting 7, and bring to a boil.
4. Meanwhile, place the sugar (A) and citrus pectin in a bowl and mix to combine.
5. Once the puree is boiling, add the combined sugar and pectin while whisking by hand.
6. While continuously whisking, add the sugar (B) a third at a time.
7. Add the glucose and continue to whisk until the mixture reaches 107°C.
8. Lastly, add the lemon juice and whisk to combine, then remove from the heat.
9. Immediately pour the mixture into the prepared tin and allow to set in the fridge until it comes to room temperature, approximately half an hour.

Coconut and pistachio crunch

1. Temper the chocolate by placing it into a saucepan over medium-low heat, induction setting 2. Stir continuously until you have 50% solids and 50% liquid. Then, transfer the semi-melted chocolate into a heat-proof plastic bowl and stir vigorously until the solids have completely melted.

1. Add the oil and mix to combine.
2. Add the remaining ingredients and stir until completely coated.
3. Pour the mixture on top of the raspberry pate de fruit and chill in the fridge to set.
4. Once set, lift the baking paper to unmould, then flip the filling upside-down so the crunch layer is on the bottom.
5. Cut the filling into 8 equal bars.

Dark chocolate coating

1. Temper the chocolate by placing it into a saucepan over medium-low heat, induction setting 2. Stir continuously until you have 50% solids and 50% liquid. Then, transfer the semi-melted chocolate into a heat-proof plastic bowl and stir vigorously until the solids have completely melted.

2. Add the oil and coconut and mix to combine.

1. Transfer the mixture into a small rectangular container, large enough to dip the fillings.
2. Insert a toothpick into the pate de fruit and place a fork or butter knife underneath for balance, then dip it into the chocolate mixture, ensuring it just coats the base and sides, leaving the top of the pate de fruit exposed.
3. Gently wipe the base of the bar on the side of the container to remove any excess chocolate.
4. Transfer the bar onto a baking mat or sheet of baking paper to set and twist to remove the toothpick.
5. Garnish the top of the bars with shaved coconut.

Hints and tips

- It's important to line the tin with baking paper in a way that makes it easy to lift and unmould the bar.
- Once you remove the pate de fruit from the cooktop, it sets very quickly, so you need to pour it into the tin without delay.
- Only use the fridge to cool down the pate de fruit, not for storing it.
- There will be excess Dark Chocolate Coating, as you need more volume to be able to dip the fillings.
- The remaining Dark Chocolate Coating can be reused. Store it in an airtight container for up to 6 months. When you are ready to use it, gently heat it in the microwave in 30-second increments, stirring in between until completely 50% melted, then stir vigorously until completely melted.
- Alternatively, the remaining Dark Chocolate Coating is perfect for pouring over ice cream or chopping up and using in cookies.
- The Raspberry, Coconut & Pistachio Bars can be stored in an airtight container in a cool, dry environment for up to two weeks.