

NO-BAKE CHOCOLATE TART

PREP TIME: 1 HOUR | TOTAL TIME: 5 HOURS | YIELD: 2 TARTS

INGREDIENTS:

SPECIAL EQUIPMENT

- 15 cm heart tart tin with a removable base or a heart-shaped silicone mold.

INGREDIENTS

CRUST

- 100 g pecans or nut alternatives like hazelnuts, walnuts, or cashews
- 35 g cacao powder (raw cacao or unsweetened cocoa powder)
- 1/4 teaspoon sea salt
- 25 ml pure maple syrup or honey

PISTACHIO PASTE

- 75 g shelled pistachios (raw or roasted and unsalted; *see note 1)
- 25 ml pure maple syrup or honey
- 1/2 teaspoon vanilla bean paste or vanilla extract
- 1/2 teaspoon matcha powder (optional, for colour)

CHOCOLATE GANACHE

- 175 g chilled full-fat canned coconut milk* or coconut cream
- 85 g dark chocolate, finely chopped (can substitute with vegan chocolate)
- 30 g pure maple syrup or agave syrup
- 1/4 teaspoon sea salt

LET'S MAKE THE TART:

1 PREPARE:

- Soak the shelled pistachios in water for 4 hours, or quickly soak them in boiling water for 30 minutes to an hour.
- Rinse the pistachios with clean water and gently remove as much of the skin as possible with your fingers. They should come off easily if soaked properly.
- Line the base of the tart tin with parchment paper and set aside.

2 MAKE THE BASE:

- Combine the walnuts, cacao powder, and salt in a food processor and pulse until they reach a fine crumb texture. Add the maple syrup and blend again until combined. The mixture should hold together like dough when pressed between your fingers. If it doesn't stick, add a little more maple syrup or water (1 tablespoon at a time) and blend again until it does.
- Firmly press the dough into the bottom and sides of the tart tin using your fingers first, then use a spoon or spatula to compact it well. Place it in the freezer for 30 minutes until set.



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TART RECIPE CONTINUES:

3 MAKE THE PISTACHIO PASTE:

- In a high-speed blender or food processor, combine the peeled soaked pistachios, maple syrup, vanilla, and matcha. Blend for 5-10 minutes until smooth, scraping down the sides every minute.
- Once the tart base is firm, spread the pistachio paste evenly over the crust using an offset spatula. Place in the fridge while preparing the ganache.

4 MAKE THE GANACHE:

- Heat the coconut milk in a saucepan until it reaches a simmer, but do not let it boil.
- Place the chopped chocolate in a heat-resistant bowl and pour the hot coconut milk over it. Allow it to sit for 5 minutes, then stir until smooth. If the chocolate hasn't melted fully, use a double boiler to gently heat it.
- Mix in the maple syrup or honey and salt. Pour the ganache into the tart shell. Gently tap the tart on the counter to release any air bubbles and smooth the top with a spatula if necessary. Chill for at least 4 hours, or overnight.



STORAGE:

- Store in a sealed container in the refrigerator or cover a plate with plastic wrap for up to 5 days.
- Freeze for up to 3 months and thaw in the fridge the night before serving.

NOTES:

- You can substitute with pistachio cream (crema al pistachio) instead of making your own paste, ensuring it contains no added dairy or honey.
- Pistachio butter is also acceptable, but it tends to be runnier, so be prepared for a filling that may ooze.



ITALIAN MERINGUE

PREP TIME: 1 HOUR | YIELD: 1 LARGE TRAY

INGREDIENTS:

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- 230 g Granulated sugar
- 90 g Water
- 2 ml Lemon juice
- 150 g Egg whites
- 120 g Castor sugar
- Pinch of Cream of tartar

LET'S MAKE THE TART:

- 1 Place the granulated sugar, water and lemon juice in a saucepan and bring to the boil until it reaches soft ball stage (116°C).
- 2 Whilst this is cooking, whisk the egg whites and cream of tartar to stiff peak then gradually sprinkle in the castor sugar while whisking.
- 3 Once you have reached soft ball stage, drizzle the sugar into the egg whites while still whisking continuously.



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