
Truffles and Pralines

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Since the terms “truffles” and “pralines” have different meanings in different countries, it is first necessary to define these products and to outline the scope of this paper.

TRUFFLES

The fresh truffle, or “truffe” as it is known in Switzerland, consists of a ganache or filling prepared from fresh dairy cream and chocolate, which is further coated in chocolate and rolled in cocoa powder, icing sugar or simply spiked. Fresh truffles are rarely produced in large volumes for mass sale.

This paper will include basic recipes for champagne truffles and methods of manufacture for both small and medium-scale businesses. It will further discuss the options available for extending the shelf life from two weeks to three months.

Commercial truffles and processes will be described. These are generally fat-based fillings with shelf lives of six months or more, and use the technology of specialty filling fats.

PRALINES

In many countries, the name praline is used for any one of a number of boxed chocolates. For the purposes of this paper, we will define pralines according to the German food laws and regulations. In Germany, a praline is referred to as nugat. This should not be confused with nougat or montelimar, which is made from sugar, honey, egg whites, gelatin and vanilla, etc. However, many German and European manufacturers use the term nugat and nougat interchangeably. Specifically, praline will refer to chocolate products made from nut meats.

FRESH TRUFFLE

Walk into any city or village in Switzerland or Central Europe, and you will find the local confiserie or shop specializing in chocolates, along with the patisserie, the boulangerie and the laiterie. Staffed by highly trained confiseurs, often from the Richemont School of Luzern, the confiserie tempts consumers to taste and purchase their favorite pralines and truffles. These

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