



Presents Cédric PERNOT

"Le Fidèle Berger" in Chambéry.



Discreet and passionate, this son of a baker decided very early on that pâtisserie was his calling and bought his own pastry shop in Chambéry. Since then he has given himself heart and soul to "Le Fidèle Berger", a pastry shop with a history! Located in a listed building, the establishment first opened its doors as a tearoom back in 1832. Since Cédric took over, he has been delighting gourmets with his inimitable style where taste is all-important, and he has total mastery of the delicate balancing act between acidity and sweetness. As well as the obligatory house specialties, Cédric Pernot adores creating new recipes throughout the year to the delight of his clients



His recipe: **Sudachi Chocolate Bonbons**

Recipe sufficient for 10 sheets of 3 cm ø half-sphere molds, 28 molds per sheet.

- 75 g** Cream 35% fat
- 285 g** **Fruit'Purée Sudachi Capfruit**
- 53 g** Invert sugar syrup
- 1012 g** Guanaja Lactée
couverture chocolate 41% cocoa
- 172 g** Butter
- AD.** Dark couverture
chocolate 65% for coating
- AD.** Cocoa butter for decorating the
molds
- AD.** Fat-soluble green food coloring for
decorating the molds

Temper and color the cocoa butter and then spray into the molds using a spray gun.

Leave to crystallize at 17°C for one hour.

Temper the dark chocolate and use to coat the half-sphere molds.

Leave to crystallize at 17°C for one hour.

Melt the Guanaja Lactée couverture at 35°C. Heat separately the Fruit'Purée Sudachi and the cream with the invert sugar, both to 35°C.

Gradually add the warm cream to the melted chocolate to create an emulsion. Finally blend in the Fruit'Purée and finish by adding the softened butter. Mix thoroughly.

Leave to cool to 30°C, transfer to a piping bag and fill the molds. You will require 150 g per mold.

Leave to crystallize at 16°C and 60% humidity for 12 hours then close the molds with more tempered dark chocolate. Leave to crystallize before removing from their molds.

Fruit'Purée Sudachi Capfruit



The sudachi is a small round, green citrus fruit, and comes mainly from the Tokushima prefecture in Japan. Its juice, with unusual spicy notes is evocative of both Asia and the Orient and will immediately take you on a culinary voyage and titillate the senses. It is used as a seasoning for dishes in place of lemon or lime juice, and is a perfect addition to cocktails or for making original sorbets. It also lends itself to many uses in the pastry kitchen. The fruit is particularly rich in both Calcium and vitamin C. As with all the other fruits in our Citrus range, Fruit'Purée Sudachi is offered with no sugar added to those naturally present in the fruit.

