



# PINK PRALINE

## INGREDIENTS

- 50 g (1.76 oz) almonds
- 100 g (3.5 oz) sugar
- 50 ml (1.76 fl ozs) water
- A few drops of red colouring

## PROCEDURE

1. Heat the almonds spread on a silicon mat, or parchment paper, in the oven (fan forced) at 190C (374F) for 10 minutes (this process is called torrefaction).
2. Preferably using a copper pan (although stainless steel will do) heat the sugar and water over a high heat. When the mixture starts bubbling, stir in a few drops of the colouring (take care not to use too much colouring).
3. When the temperature of the syrup reaches 124C (255F), turn off the heat and add the roasted almonds stirring them to coat in the syrup.
4. Pour the coated nuts onto the silicon mat (or parchment paper) and collect any loose pink sugar into a bowl and weigh.
5. Once you have the weight of the pink sugar add fresh sugar so that the total mass is back to 100 grams. To make the syrup again, repeat step 2 and 3.

# PROCEDURE

6. For the third coating, make the syrup again but this time add the almonds to a stainless steel bowl and pour the hot syrup over and shake to properly coat the nuts.
7. To finish, bake the coated nuts in the oven at 70C (158F) for 30 minutes.