



Culinary Institute
of America

Chocolate Tempering, Frying Technique, & Amuse Bouche

Day 4





Learning Objectives

- Explain the purpose and science of chocolate tempering and identify when it is required.
- Describe key principles of frying techniques.
- Analyze creative considerations in developing an amuse-bouche.
- Interpret guidelines for an amuse-bouche competition.
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

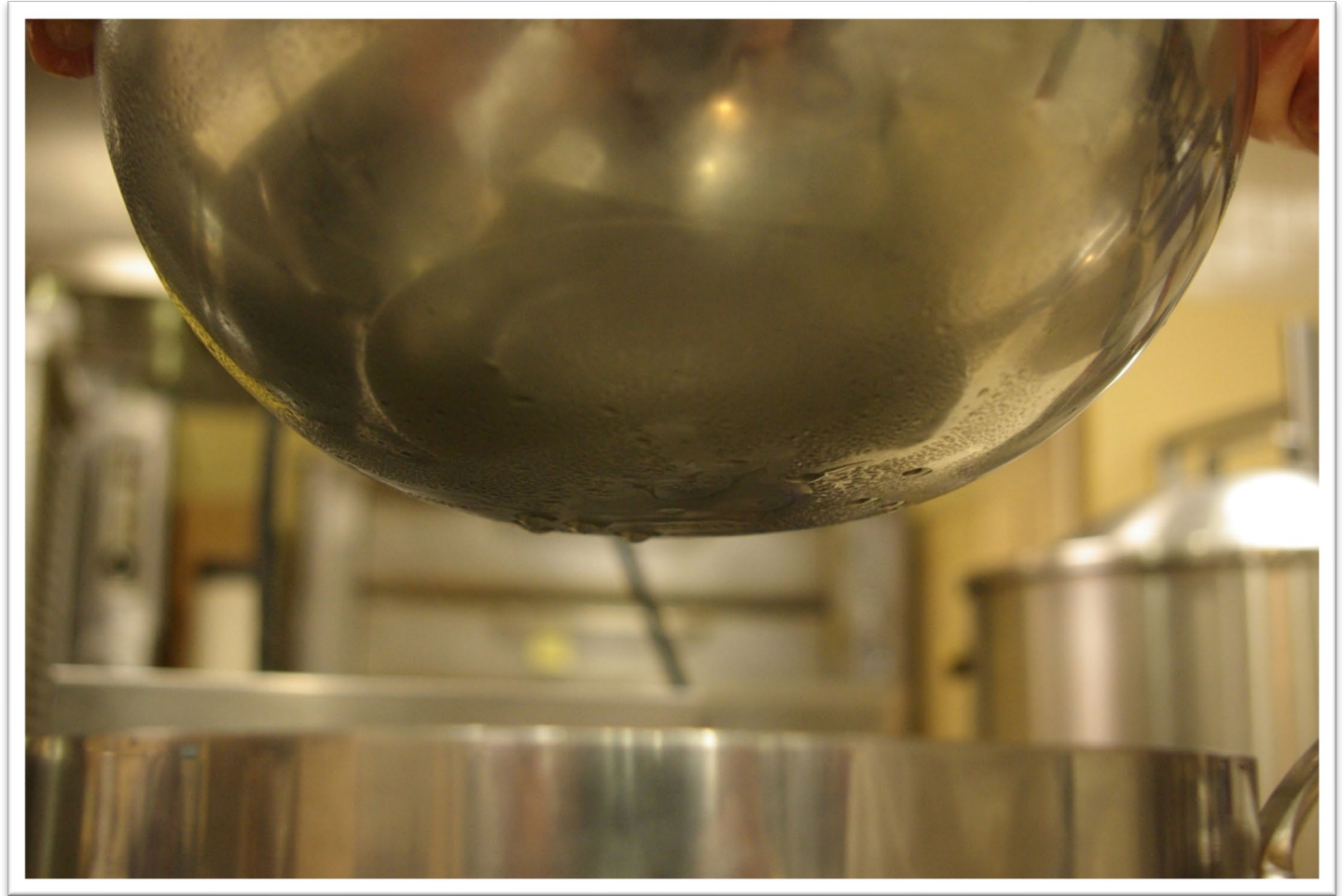
Any Time You Handle Chocolate

- Avoid water



Any Time You Handle Chocolate

- Avoid water



Any Time You Handle Chocolate

- Avoid water



Any Time You Handle Chocolate

- Avoid water





Any Time You Handle Chocolate

- Avoid excessive heat
 - Dark chocolate <120F
 - Milk & White Chocolate <110F
 - **Warm waterbath, not boiling**
 - **Stir!**





Tempering





Why Temper?

Tempered chocolate sets with shine and snap



Untempered chocolate does not





When to Temper

Temper chocolate for:

- Decorations
- Dipping
- Molding
- **Any time chocolate is used by itself**

Don't temper chocolate for:

- Baking
- Cooking
- Mixing with other ingredients
- **Any time you mix chocolate with another ingredient**



How to Temper

4 Simple Steps to Tempered Chocolate

1. **Melt** the chocolate
2. **Cool & Seed** with block of unmelted chocolate
3. **Test** the chocolate
4. **Use** the chocolate



**STEP ONE:
MELT THE CHOCOLATE**

1. Melt the Chocolate

- Chocolate must be chopped finely



1. Melt the Chocolate

- Use waterbath with very low heat
 - **Fit saucepan to bowl!**
 - **Low flame**



1. Melt the Chocolate

- Use waterbath with very low heat
 - **Fit saucepan to bowl!**
 - **Low flame**



1. Melt the Chocolate

- **Stir** while melting
- Melt completely
- Do not overheat





STEP TWO: **COOL & SEED**

2. Cool & Seed with Block of Unmelted Chocolate

- Use about 20%-25% as much as the melted chocolate
 - More is okay



2. Cool & Seed with Block of Unmelted Chocolate

- Stir while cooling until the chocolate feels slightly cooler than your wrist



2. Cool & Seed with Block of Unmelted Chocolate

- **Cool** = slightly cooler than your wrist (< 90 F)



2. Cool & Seed with Block of Unmelted Chocolate

- **Cool** = slightly cooler than your wrist (< 90 F)
- **Seed** = Cocoa butter crystals that cause the chocolate to set
 - The block of chocolate leaves seed crystals behind as you stir
 - Seed crystals will not form until the chocolate is cooled
 - **Tempered Chocolate is chocolate that has been cooled below 90 F. and contains sufficient seed crystals**



STEP THREE: **TEST THE CHOCOLATE**

3. Test the Chocolate

- **Once the chocolate feels cooler than your wrist:**
 - Dip a palette knife in the chocolate
 - Wait ~6 minutes...
 - Tempered chocolate:
 1. **Sets quickly**



3. Test the Chocolate

- **Once the chocolate feels cooler than your wrist:**
 - Dip a palette knife in the chocolate
 - Wait ~6 minutes...
 - Tempered chocolate:
 1. **Sets quickly**
 2. **Sets without streaks**



3. Test the Chocolate

- **Once the chocolate feels cooler than your wrist:**
 - Dip a palette knife in the chocolate
 - Wait ~6 minutes...
 - Tempered chocolate:
 1. **Sets quickly**
 2. **Sets without streaks**
 3. **Sets with a shine**





Un-set

Streaky

Nice!



3. Test the Chocolate

- If it sets quickly, without streaks, and with a shine, congratulations, you have tempered chocolate!
 - Remove the block, and use the chocolate
- If not...continue stirring with the block, repeat test.
 - Continue until it sets properly on test



**STEP FOUR:
USE THE CHOCOLATE**

4. Use the Chocolate

- Once tempered, the chocolate can be used for desired application





Pretty Simple, Right?

1. **Melt** over a warm water bath



Pretty Simple, Right?

1. **Melt** over a warm water bath
2. **Cool & Seed** with block of chocolate



Pretty Simple, Right?

1. **Melt** over a warm water bath
2. **Cool & Seed** with block of chocolate
3. **Test**, test, test,....until it sets properly



Pretty Simple, Right?

1. **Melt** over a warm water bath
2. **Cool & Seed** with block of chocolate
3. **Test**, test, test,....until it sets properly
4. **Use** the chocolate



Frying Technique and Beignets



The French Connection: Beignet's Rise to Culinary Refinement



Choux Pastry Innovation

Bakers moved from dense bread-like doughs to lighter, airier choux pastry bases. This technical breakthrough enabled the export of beignets to the New World during French colonial expansion.

16th Century Refinement

French pastry chefs transformed the basic dough into a refined fritter, experimenting with fillings like fruit and jam. This era marked the shift from rustic peasant snack to sophisticated treat.

Celtic Origins

The term "beignet" derives from Celtic "bigne," meaning "to raise" or "to swell." This linguistic foundation shaped the pastry's fundamental characteristic—its light, airy texture.

Authentic Beignets

- Defined by specific preparation methods, including yeast-raising and deep-frying
- Results in a pillowy texture finished with abundant powdered sugar



Square-Cut Shape

Must be square-cut with no hole, allowing the center to remain hollow and pillowy.



Yeast-Raised

Yeast-raised dough deep-fried in cottonseed oil until reaching a perfect golden puff.



No Fillings

Authentic recipes are never glazed or filled with jelly, staying true to tradition.



Powdered Sugar

Serve as a warm canvas for a mountain of powdered sugar that is intended to be messy.

The Precise Chemistry Behind the Perfect Golden Puff

The Leavening

High-gluten flour combined with yeast and evaporated milk creates sturdy, elastic dough



The Precision Cut

Dough rolled to 1/8th inch and cut into 2-inch squares with traditional cutter

The Cold Rest

Dough chilled for hours to slow yeast and develop deeper, slightly tangy flavor

The Flash Fry

Squares dropped into 370°F cottonseed oil, puffing in under 10 seconds

The Dusting

Hot beignets buried under heavy powdered sugar layer for adhesion

Beignets vs. Doughnuts

Contrasting shapes, textures, fillings, and traditional pairings of two iconic pastries

Feature	New Orleans Beignet	Standard Yeast Doughnut
Primary Shape	Square or Rectangular	Circular with center hole
Internal Texture	Hollow, airy, and crisp	Spongy, cake-like, and dense
Traditional Filling	Always empty (Air-filled)	Often filled with cream or jelly
Top Coating	Excessive powdered sugar	Glaze, sprinkles, or frosting
Typical Pairing	Café au Lait with Chicory	Black coffee or milk

Frying Technique

- To fry donuts, heat 2–3 inches of fryer oil in a heavy-bottomed pot 350°F – 375°F
- When dough is properly proofed, gently as to not knock out air, transfer the dough to the oil
- Fry proofed dough in batches for 1–2 minutes per side until golden brown, turning once.
- Drain on a wire and then glaze or sugar while warm
 - Oil temperature needs to be closely monitored with a thermometer. Be sure thermometer is set to Fahrenheit

Tips for Successful Fried Dough

- Oil temperature is everything
 - Fry at 350 - 375°F
- Proof properly before frying
 - Your doughnuts should be puffy, airy and light to touch
- Use enough oil
 - They must float freely!
- Flip only once
- Drain like a professional





Amuse-Bouche



What is an Amuse Bouche?

- An amuse-bouche (French for "mouth-amuser") is a complimentary, single, bite-sized hors d'oeuvre served at the start of a fine-dining meal
- Selected solely by the chef, it is not ordered from the menu and is designed to showcase the kitchen's style, prepare the palate, and provide a complimentary "gift" to guests
- Sometimes referred to as a "pre-dessert" and is sent out to guests when they order from the dessert menu



Amuse Bouche: Characteristics

- **Complimentary:** it is free, usually sent out just after the dessert course is ordered
 - Pay attention to food cost
- **One bite:** small, intense, and memorable - often consumed in one or two bites
- **Chef's choice:** cannot be ordered from the menu; it highlights the chef's artistry and seasonal ingredients
- **Presentation:** served in unique, artistic, or tiny glassware/ crockery like spoons, small cups, or spoons



Amuse Bouche: **Competition Preview**

Each student (or pair) will create an amuse-bouche (pre-dessert) using the remaining ingredients and components available in the kitchen.

Focus on creating a small, refined bite that demonstrates creativity, balance, and proper technique.

Daily Plan: **Chef Demos**

- Italian Meringue
- Frying Technique

Daily Plan: Production Assignments

1

Team

- Italian Meringue

2

Team

- Cheesecake Glaze
- Dip Cheesecakes
- Reconstitute Fluid Gel

3

Team

- Beignets (Proof and Fry)

4

Team

- Caramel Gelee
- Assemble Glasses
- Paddle the Whipped Ganache



Culinary Institute
of America

Any Questions?