



Chocolate hazelnut spread

15'
Hands on

450 g
Portion(s)

2
Difficulty



Ingredients

- 200 g hazelnuts
- 100 g granulated sugar
- 25 g sunflower oil
- 100 g milk chocolate couverture

Διατροφικός πίνακας

Nutrition information per 100 gr.

737 Calories (kcal)	55.0 Total Fat (g)	11.0 Saturated Fat (g)	44.0 Total Carbs (g)
37%	79%	55%	17%
38.0 Sugars (g)	12.0 Protein (g)	6.8 Fibre (g)	0.05 Sodium (g)
42%	24%	27%	1%

Method

- Preheat the oven to 160°C (320°F) set to fan.
- Add the hazelnuts into a baking pan and put it in the oven for 4-5 minutes, until they get hot.
- Place a frying pan over medium heat.
- Add $\frac{1}{4}$ of the sugar and let it melt. As soon as it melts, add another $\frac{1}{4}$ of the sugar to lower the temperature and prevent the caramel from burning.
- Follow the same process for the remaining sugar until all of it melts and gets a golden caramel color. If you feel that you cannot control the temperature, then remove from the heat regularly.
- Add the warm hazelnuts and mix with a silicone spatula. Transfer to parchment paper and set aside to cool well. Be careful to not touch the mixture because it will be very hot!
- Transfer the caramelized hazelnuts and the sunflower oil to a blender, and process them very well for 4-5 minutes, until you get a praline paste. At this point, you will have the classic hazelnut praline.
- Add the milk chocolate couverture and beat well until the ingredients are homogenized. At this point, you have a chocolate hazelnut spread.