

Pâte de Fruits



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Pâte de Fruits Recipe

The basic pâte de fruits recipe is pretty straightforward. Since most fruit contains pectin and sugar at different concentrations, the amount you must add differs for most types of fruit. The good news is that most frozen fruit purees can be found online from Sicolly or Boiron. Here's a few great combinations of flavors...

Yields 160/200 ≈ 10grams each pâte de fruits.

Passion & Mango Or Passion & Blackcurrant Or Raspberry.

2 cups (500g) passion fruit puree

2 cups (500g) mango or blackcurrant puree

Or, 2.2 lb. (1000g) raspberry puree.

Pectine Mixture

1/2 cup (100g) granulated sugar

1 ounces (30g) pectine.

2.1 lb. (950g) granulated sugar Or 2 lb. (900g) if using raspberry puree instead.

8 ounces (250g) glucose or corn syrup

1.3 Tbsp (20ml) lemon juice.

Method

Pectine mixture: Mix well together 1/2 cup of sugar with the pectine. In a large saucepan, heat puree(s) to 120°F (60°C) and whisk in the pectine mixture. Bring to boil and add glucose (powdered glucose can be used as well). Whisk in remaining sugar in 2 times. Bring to boil, reduce the heat to low and cook to 225°F (107°C).

Caution: keep flame on low when cooking pate de fruits. It takes quite awhile maybe up to 45 minutes of stirring. Use a long whisk or spatula to avoid splashes of hot liquid but if the flame is on low it should not cause any problem.

Once at 107°C, remove saucepan from the heat and whisk in the lemon juice. Immediately, fill up silicones molds using a confectionery dispenser funnel. If using small canelé silicone molds, fill molds up to a third of their height or pour the hot pate de fruits mixture into a baking tray lined with heavy dutty plastic wrap. Let the pâte de fruit set 6 hours at room temp, uncovered, until it is completely set throughout. Leave pate de fruits in their silicone molds until ready to be served. Then, coat them with granulated sugar; enjoy!. Keep at 24°C/ 75° F and 65% humidity for weeks.

Green Apple Pâte de Fruits

1000g green apple puree

100g lemon puree

100g sugar

30g pectine

300g glucose

750g sugar

22g lemon juice.

Follow the same cooking method.

