

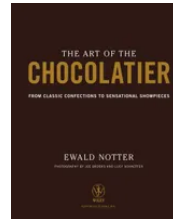
# PÂTE DE FRUIT

## PREPARATION INFO

**DIFFICULTY**  
**EASY**

**YIELD:**  
**0.4 OZ**

## APPEARS IN



## THE ART OF THE CHOCOLATIER

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Pâte de fruit is a refreshing fruity treat. The mixture of fruit with some acidity is great to cleanse the palate after a meal. Raspberry pâte de fruit is shown here as an example, but it is possible to produce a wide variety of flavors of pâte de fruit. See the [chart](#) for the ingredient quantities and desired cooking temperatures for a range of different pâte de fruit flavors. If using a less acidic or flavorful fruit, citric acid can be added to the sugar used to coat the pâte de fruit, to give it a more refreshing mouth feel. Tartaric acid is added to help gel the pectin.

Ingredients	Metric	US	Volume
<b>Sugar, for the pâte</b>	595 g	21.0 oz	2½ cups
<b>Pectin</b>	13 g	0.5 oz	1¼ tbsp
<b>Raspberry puree</b>	510 g	18.0 oz	2½ cups
<b>Glucose</b>	100 g	3.5 oz	½ cup
<b>Tartaric acid</b>	8 g	0.3 oz	½ tbsp
<b>Sugar, for coating</b>	125 g	4.4 oz	½ cup
	1351 g	47.7 oz	

## METHOD

1. Whisk together the sugar and pectin. (This will prevent the pectin from forming lumps when it is added to the puree.)
2. Bring the puree to a simmer. Stir in the sugar and pectin mixture. Bring the mixture to a boil, then add the glucose.
3. Cook to 225°F/107.2°C (or to the desired temperature for other flavors, based on the **chart**).
4. Meanwhile, mix 1 part tartaric acid with an equal weight of boiling water and bring to a boil.
5. Remove the puree mixture from the heat and stir in the tartaric acid solution.
6. Pour the mixture into a funnel dispenser and fill the cavities of a silicone mold.
7. Let the cast mixture set at room temperature until hardened, about 2 hours, before unmolding.
8. After the pâte de fruit has hardened, remove the candy from the silicone mold by inverting the mold and pressing on the back of each cavity.
9. Place the candies in a bowl of sugar and toss to fully coat all sides. Store at room temperature.
10. – Use a funnel dispenser to fill the mold cavities with the pâte de fruit mixture.



11. – Unmold the hardened pâte de fruit.



12. – Coat the finished candy with sugar.



## VARIATION

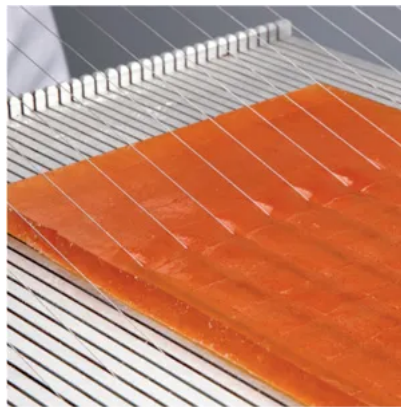
To create a different shape, pour the pâte de fruit mixture between framed metal bars resting on a Silpat instead of dispensing into a mold. Let set until hardened, about 2 hours, then remove the metal bars and sprinkle sugar over the pâte de fruit. Place a metal tray on top of the sugared pâte de fruit, then carefully and quickly flip it over. Remove the Silpat and move the pâte de fruit onto a guitar base. The granulated sugar on the bottom will assist in moving the pâte de fruit. After slicing, slip the tray under the slab, rotate 90 degrees,

remove the tray, and slice again to create squares. Alternatively, the pâte de fruit can be cut into other shapes, if desired. Finish by tossing the cut squares in sugar as above.

- Sprinkle sugar over the slabbed pâte de fruit created using metal bars.



- Slice the slab on a guitar.



- Finished slabbed pâte de fruit.



The chart below shows the ratio of ingredients needed to create a wide range of pâte de fruit flavors.

Purees	Puree	Sugar	Pectin	Glucose	Tartaric Acid	Temperature	
	Grams	Grams	Grams	Grams	Grams	F	C
Apple (Granny Smith) Puree	1000	1114	26	220	18	225	107

Purees	Puree	Sugar	Pectin	Glucose	Tartaric Acid	Temperature	
	Grams	Grams	Grams	Grams	Grams	F	C
Apricot Puree	1000	860	26	200	16	225	107
Banana Puree	1000+750	1655	35	200	30	225	107
Blackberry Puree	1000	1100	26	200	16	225	107
Black Currant Puree	1000	1044	26	200	16	225	107
Blood Orange Puree	1000	1450	44	200	18	228	109
Blueberry Puree	1000	900	25	200	15	225	107
Cherry (Sour) Puree	1000	1100	22	200	18	225	107
Coconut Puree	1000	848	36	235	24	225	107
Exotic Mix Puree	1000	788	20	200	15	225	107
Fig Puree	1000+250	1220	25	200	18	225	107
Grapefruit (Pink) Puree	1000	1145	40	200	21	225	107
Guava Puree	1000	1112	24	232	17	221	105
Lemon Puree	1000+970	1175	25	100	18	225	107
Lime Puree	1000+970	1175	25	100	18	225	107
Lychee Puree	1000	686	40	133	19	225	107
Mandarin Puree	1000	1440	41	200	21	225	107
Mango Puree	1000	1123	24	232	17	221	105
Melon Puree	1000	919	24	213	24	221	105
Mirabelle Plum Puree	1000	1111	24	230	18	225	107
Passion Fruit Puree	1000	1125	51	232	33	226	108
Peach (Ruby) Puree	1000	1060	25	200	15	225	107
Peach (White) Puree	1000	1065	26	200	16	225	107
Pear William Puree	1000	1120	26	220	14	225	107

Purees	Puree	Sugar	Pectin	Glucose	Tartaric Acid	Temperature	
	Grams	Grams	Grams	Grams	Grams	F	C
Pineapple Puree	1000	705	25	250	18	225	107
Raspberry Puree	1000	1110	26	200	16	225	107
Red Currant Puree	1000	1044	26	200	16	225	107
Strawberry Puree	1000	1110	24	200	15	225	107
Strawberry Mar des Bois Puree	1000	1111	24	200	15	225	107
Summer Fruit Puree	1000	1100	25	200	15	225	107

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