

Technique: Sous Vide Tempering Chocolate

<http://userealbutter.com/2017/05/10/sous-vidе-tempering-chocolate-technique/>

Set up the sous vide: Fill the sous vide bath vessel with water (not full – you will have to account for displaced volume of your bowl of tempered chocolate) and affix the sous vide device in one corner. Set the temperature to 91°F for dark chocolate or 87°F for milk or white chocolate. Make sure your bowl (that will contain your chocolate) will fit in the bath and can be secured to the side of the vessel.

Tempering dark chocolate: For the seed method of tempering, place all but 10 chocolate chips or chocolate pieces in the top of a double boiler or in a large heatproof bowl over a pan of simmering water (about 2 inches deep). Make sure the bowl is wider than the pan because you don't want water getting into the chocolate or all of it will seize. Stir until the chocolate has melted completely, monitoring the temperature of the chocolate. When it reaches 112°F, remove the bowl from the water bath (it will continue to rise – that's fine because we are targeting a final temperature of 118-120°F) and set it on an ice pack or a larger bowl of ice to start cooling it. Stir the chocolate constantly to promote proper cocoa butter crystal formation for tempering. Continue to monitor the temperature. When the chocolate reaches 95°F, remove the bowl from the ice pack or ice bath and toss in the chocolate chips. This is called seeding and should encourage the formation of good crystals for tempering. Keep stirring until the chocolate reaches 91°F. Secure the bowl of tempered chocolate to the side of the sous vide tub, making sure the chocolate in the bowl is below the water level outside of the bowl.

To temper milk or white chocolate: Follow the directions above for dark chocolate except milk and white chocolates should target a high temperature of 116-118°F (remove from hot water bath at 110°F), seeding at 95°F and perhaps again at 90°F, and they are in temper between 85 and 87°F. You must use high quality white chocolate – any white chocolate that uses palm kernel oil or coconut oil won't temper (it will separate and be unusable).