

# CARAC

An exquisite pastry created by the master confectioners of Switzerland.

*2 1/2 - 3 cups*  
450 g (16 oz, ~~3 1/2~~ cups) plain (all-purpose) flour, sifted  
210 g (7 1/2 oz, 1 1/4 cups) icing (powdered) sugar, sifted  
270 g (9 1/2 oz, 1 cup) unsalted butter  
1 x 60 g (2 oz, large) egg

## GANACHE FILLING

150 ml (5 fl oz, 2/3 cup) cream (single, light)  
30 g (1 oz, 2 tablespoons) unsalted butter  
300 g (10 1/2 oz) dark (plain or semi-sweet) chocolate, melted  
(see page 160)

## ICING GLAZE

180 g (6 1/2 oz, 1 cup) icing (powdered) sugar, sifted  
2 tablespoons milk  
1-2 drops green food colouring

dark (plain or semi-sweet) chocolate, melted

Place the sifted flour and icing sugar into a bowl and, using your fingertips, lightly crumb the butter through the dry ingredients until the mixture resembles fresh breadcrumbs. Add the egg and continue mixing to a soft dough. Wrap the dough in plastic (cling) wrap and refrigerate for 1 hour.

Preheat the oven to ~~200°C (400°F)~~ *325*. Lightly grease baking trays (sheets).

On a lightly floured surface roll the dough out to 3-4 mm (*1/8* in) in thickness and cut two rounds for each Carac with a 5 cm (2 in) diameter plain round cookie cutter. Bake in the preheated oven ~~10-15~~ minutes or until lightly browned on the edges. Allow to cool on the tray.

## GANACHE FILLING

Place the cream in a small saucepan with the butter and bring to the boil. Add the melted chocolate to the boiled mixture and stir until a smooth, rich dark chocolate cream is formed. Place in the refrigerator to firm.

## ICING GLAZE

Place the sifted icing sugar in a bowl and mix in the milk to make a thin icing. Add one or two drops of green food colouring to give a subtle colour.

## TO ASSEMBLE

Divide the baked rounds into two even piles; half will form the base of the Carac, the other the top.

Take the tops and dip each one into the green icing. Allow to set. Take the ganache from the refrigerator when firm and place into a piping (pastry) bag fitted with a 1/8 cm (1/8 in) diameter plain nozzle. Pipe a small amount of ganache onto the bases. Press the tops and bottoms together. To finish, pipe a small dot of melted chocolate into the centre of each top.

Makes ~~30~~ *60* cookies



STEP ONE: Pipe a small amount of ganache onto the Carac bases. Press the tops and bases together.



STEP TWO: Pipe a small dot of chocolate onto the centre of the green iced round.