



TINE FORST

GET STARTED

WITH CHOCOLATE BONBONS

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WITH CHOCOLATE
BONBONS

4th edition, 2024.

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CONTENTS

WHAT YOU GET

- Introduction – *page 4*
- Equipment and ingredients – *page 6*
- Step-by-step tempering guide – *page 8*
- Temperature overview – *page 14*
- The work process from start to finish – *page 19*
- Recipe for delicious and easy coffee ganache – *page 23*

Time Prefers
CHOCOLATE

INTRODUCTION

TO THE E-BOOK
AND TO ME

About the book

I am so glad you are here!

This e-book is perfect for those who have never made chocolate bonbons before. It is also ideal if you have tried working with chocolate a few times but are missing a tempering guide that will give you perfectly tempered chocolate every time.

In addition to a fail-proof guide to tempering chocolate, you will find an overview of the entire process for making chocolate bonbons, from start to finish, a list of the necessary equipment, and a recipe for an incredibly delicious coffee ganache. The ganache is easy to make and requires only basic ingredients that you can find at your local supermarket.

Different temperatures are required when tempering different types of chocolate, such as dark, milk, and white chocolate. In the e-book, you will get an overview of the temperatures for the five most common types of chocolate, so with this guide, you will be able to temper all five types successfully.

With this e-book in hand, you will be able to create chocolate bonbons from start to finish.

About me

I have been creating chocolate bonbons for more than a decade and am the author of several e-books on chocolate bonbons and chocolate bars. I have taken courses with various chocolatiers and have read books by some of the most well-regarded authors in the world of chocolate. In general, I have thoroughly familiarised myself with everything there is to know about chocolate and have conducted numerous experiments with designs and fillings to achieve the best possible results when creating chocolate bonbons.

I was born in 1978, am married to Jannik, and together we have two teenage boys. I graduated as a lawyer in 2002 and have worked as an attorney-at-law since 2007.

I am a member of the Callebaut Nordic blogging team and an ambassador for Roxy & Rich. I value both collaborations immensely. I hope you enjoy the e-book and, of course, that you have loads of fun in your chocolate kitchen.

Hugs,
Tine



www.tinepreferschocolate.dk



[tine.prefers.chocolate](https://www.instagram.com/tine.prefers.chocolate)





EQUIPMENT

AND CHOCOLATE
OF COURSE!

You will need the following

- Quality chocolate (for example from Callebaut) - preferably in buttons /callets, so you do not have to chop the chocolate
- Polycarbonate chocolate moulds (hard plastic)
- Plastic bowl that can be used in the microwave
- Kitchen scale
- Silicone spatula
- Reliable thermometer (either infrared or stick thermometer)
- Chocolate scraper in metal or plastic (preferably a couple)
- Disposable piping bags
- Baking paper

I recommend that you buy high quality chocolate moulds, for example by the brands Chocolate World, Implast, or Martellato. These moulds are more durable than the moulds you can buy from time to time in the supermarket.



TEMPERING

WITH PERFECT
RESULT

Chocolate tempering – it is that easy!

To be successful in creating chocolate bonbons, the chocolate must be tempered prior to use. Tempered chocolate will give you beautiful, shiny chocolate bonbons with that perfect snap.

If the chocolate is not tempered correctly, the bonbons will not be able to be released from the mould. Alternatively, they will be released with difficulty but not as nice looking, for example with dull spots or marbling.

Tempering chocolate is not difficult, but it requires focus. In my experience, the easiest tempering method for beginners is the seeding method. So, this is the tempering method I guide you through in this e-book.

Which type of moulds should you choose?

I recommend that you choose moulds that do not have grooves or sharp edges, as it is then easier to avoid air bubbles in the finished chocolate bonbons. Hemispherical and cone moulds are easy to get good results with as a beginner.

How to temper dark chocolate



1. Put 400 g of dark chocolate (chopped into small pieces or as chocolate callets) in a bowl that is suitable for being used in the microwave.



2. Melt the chocolate in the microwave to 48-49°C in intervals at approximately 600 watts; at first for 1 minute and then gradually for a shorter time (finally only for 10 seconds).

Between each heating in the microwave, stir the chocolate with a silicone spatula to distribute the heat.



3. When the temperature of the chocolate reaches 48-49°C, you add 100 g of chocolate (chopped into small pieces or as chocolate callets) to the melted chocolate.

Stir immediately - very briefly - in the chocolate, until all the added chocolate (called the seeding chocolate) is covered by the melted chocolate.

How to temper dark chocolate (continued)



4. After this, you let the chocolate sit for 2 minutes. Then you stir again. Stir gently and only for about 10 seconds. Stir briefly every 2 minutes until the temperature of the chocolate passes 34°C. It is crucial that there is still un-melted chocolate at 34°C (which I call 'the critical limit'). A few small pieces of the seeding chocolate are enough. If there is no un-melted chocolate at 34°C, add 5-10 small pieces of chocolate, which you stir into the melted chocolate.



5. After the temperature has passed 34°C, continue stirring the chocolate briefly with 1 to 2 minute intervals .

If there is still un-melted chocolate at 33°C, you can heat the chocolate for 5 seconds in the microwave, and then stir the chocolate briefly. Repeat if necessary, until all the chocolate is melted. Just make sure that the temperature never goes above 34°C.



6. When the temperature reaches 32°C, the chocolate is tempered and ready for use. You can work with the tempered dark chocolate in the range 31-32°C. I recommend that you set towards 32°C, as the chocolate is generally more liquid the warmer it is – and thus easier to work with.

How much chocolate for one mould?

In the guide on the previous pages, a total of 500 g of chocolate is tempered:

- 400 g that is being melted
- 100 g that is added as seeding chocolate

500 g of chocolate is a sufficient amount of chocolate to mould shells in an ordinary chocolate mould with up to 32 large cavities. I recommend that you rather temper too much chocolate than too little, as it is easier to achieve good results when you have plenty of chocolate to work with. The excess chocolate you just save for the next time you are working with chocolate (it can be reused). If you spread the excess chocolate in a thin layer on a piece of baking paper, it is easy to use next time.

The critical limit – what is it?

The critical limit is the temperature that the chocolate passes on its way down to the working temperature (after seeding) where there **MUST** still be a small amount of un-melted seeding chocolate left in the melted chocolate. If there is not, the chocolate will not be tempered. So, if all the seeding chocolate has melted, when the temperature of the chocolate reaches the critical limit, you must add approximately 5-10 more small pieces of chocolate, which you stir into the chocolate.

Extra cocoa butter?

I recommend that you do not add cocoa butter to your chocolate when tempering chocolate for chocolate bonbons. It is not necessary, and it degrades the taste. If you find that your chocolate is too viscous at the working temperature, I recommend that you choose a chocolate with a higher fluidity instead, for example Callebaut 2815 which is slightly more fluid than Callebaut 811.

Tempering test

Below you see examples of chocolate that are respectively:

- Tempered (left)
- Semi-tempered (in the middle)
- Not tempered (right)

The knife on the left is dipped in tempered chocolate. After 3-5 minutes, the chocolate on the knife has already become matte on the surface. The matte surface shows that the chocolate is tempered.

The knife in the middle is dipped in chocolate that is only semi-tempered. The chocolate on this knife has also become matte on the surface, but the chocolate has clear stripes/markings on the surface. Semi-tempering is caused by there not being enough of the good crystals (form 5 cocoa butter crystals) present in the chocolate. Typically, this happens when the chocolate has not been agitated enough and/or has not 'spent' enough time at the working temperature prior to use (for example prior to moulding/capping).

The knife on the right is dipped in un-tempered chocolate. Therefore, the chocolate is still shiny on the surface after 15 minutes. It is a good idea to perform a tempering test of your chocolate (for example by dipping a knife into the chocolate and leaving it for 3-5 minutes) before you start using the chocolate for your chocolate bonbons.





TEMPERATURE

OVERVIEW FOR FIVE TYPES OF CHOCOLATE

Dark, milk, white, gold, and ruby chocolate

On the previous pages you have learned how to temper dark chocolate.

Other types of chocolate, such as milk, white, gold, and ruby, are tempered according to the same principles. But different melting and working temperatures apply - and different critical limits, see the overview on the next page.

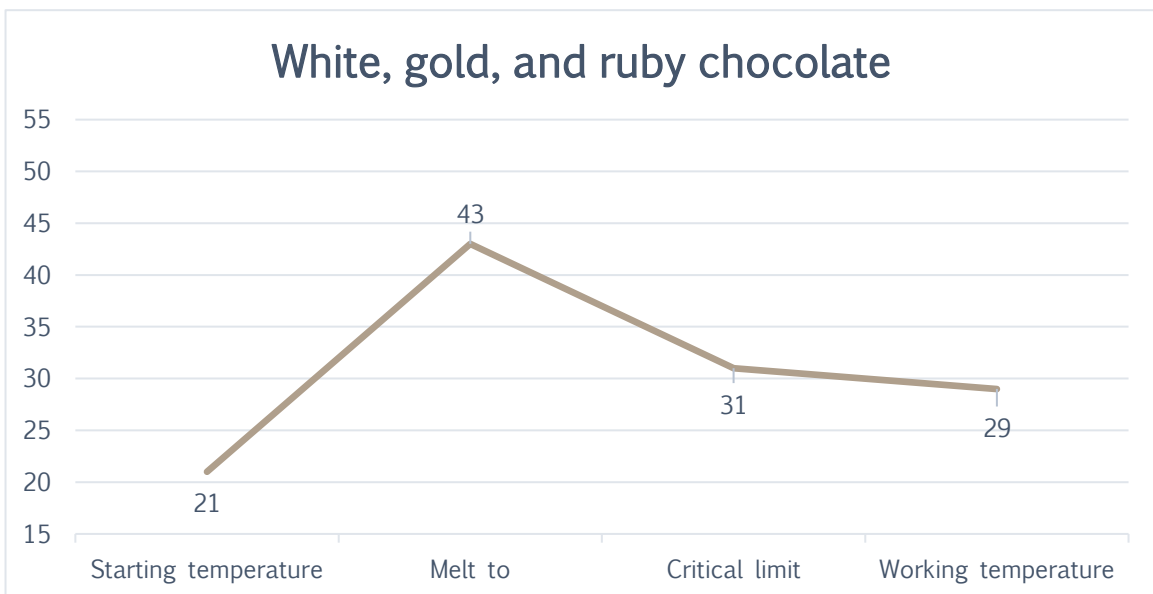
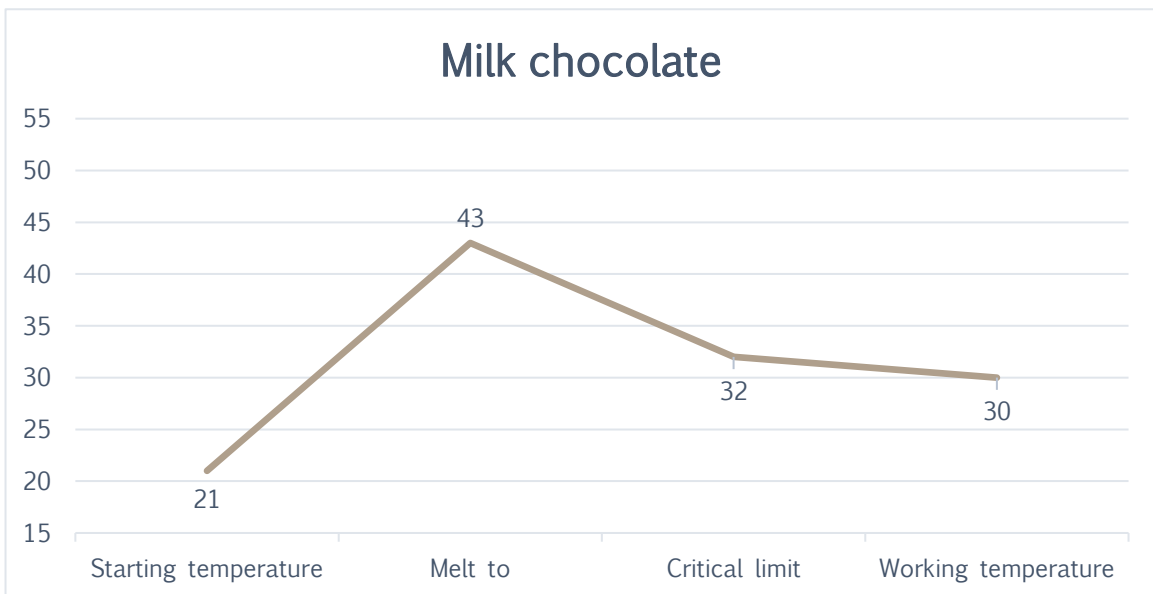
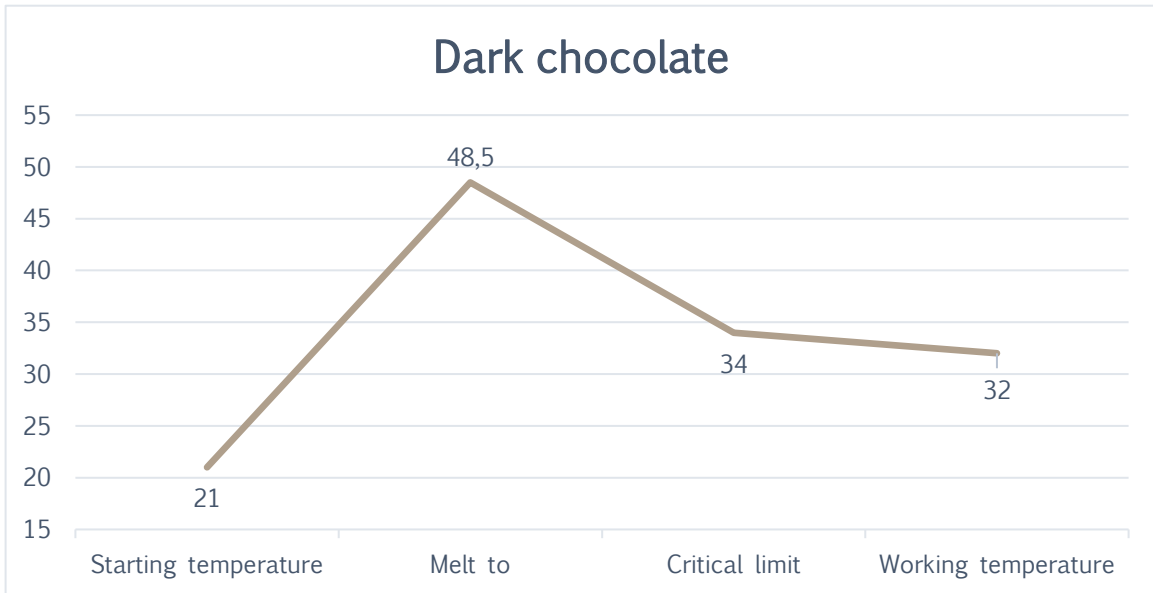
Milk chocolate must only be melted to 43°C, after which you add the seeding chocolate. The temperature of the chocolate is then lowered to the working temperature with regular stirring along the way (as described in the tempering guide on pages 9-10). When the temperature reaches 30°C, the milk chocolate is tempered and ready for use. You can work with the tempered milk chocolate in the range 29-30°C. I recommend that you set towards 30°C.

For milk chocolate, it is crucial that there are still small un-melted pieces of chocolate at 32°C (= the critical limit).

White, gold, and ruby chocolate must also only be melted to 43°C, after which you add the seeding chocolate. The temperature of the chocolate is then lowered to the working temperature with regular stirring along the way (as described on pages 9-10). When the temperature reaches 29°C, the chocolate is tempered and ready to use. You can work with the tempered white, gold, and ruby chocolate in the range 28-29°C. I recommend that you set towards 29°C.

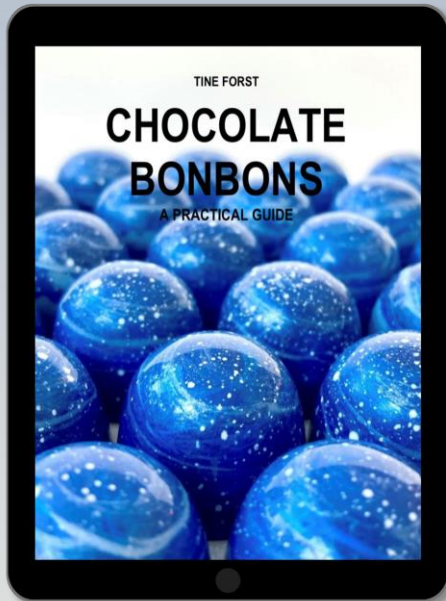
For white, gold, and ruby chocolate, it is crucial that there are still small un-melted pieces of chocolate at 31°C (= the critical limit).





In my bestselling e-book

CHOCOLATE BONBONS - a practical guide you get:



- Detailed step-by-step guides for all work processes
- 24 balanced recipes for fillings with a shelf life of 2 months
- Instructions for 15 different designs
- Knowledge of how to achieve beautiful, shiny chocolate bonbons
- Everything you need to know about airbrushing – I will take you by the hand so that you become familiar with the airbrush as a working tool
- Practical tips for all work processes
- And much more

With CHOCOLATE BONBONS - a practical guide you will

- Achieve perfect tempering every time
- Create delicious fillings with perfect texture and of course long shelf life
- Master decorating your chocolate bonbons with coloured cocoa butter
- Achieve 'max shine' on your chocolate bonbons - every time, and
- Become familiar with working with the airbrush so that airbrushing becomes fun - and so that you achieve great results.

The e-book contains 147 pages, and it is filled with great chocolate knowledge, step-by-step guides, practical tips, 'how to fix' typical chocolate issues and much, much more.

Get the bestseller here: [CHOCOLATE BONBONS – a practical guide](#)



PROCESS STEPS

THE SHORT
VERSION

The process steps

Making chocolate bonbons is a multi-stage process consisting of the following process steps:

1. The shells are moulded
2. The filling is prepared and filled into the shells
3. The filled shells are capped with chocolate
4. The chocolate bonbons are released from the mould

On this and the following pages, I have (very briefly) described the four process steps.

1. The shells are moulded

Fill tempered chocolate into the cavities of the mould, either directly from the bowl or using a disposable piping bag. Tap the chocolate mould against the tabletop to force any air bubbles to the surface.

Then turn the mould upside down (over the chocolate bowl or a piece of baking paper) so the chocolate can run out. Tap lightly on the side of the mould (for example with the handle of a chocolate scraper) to

help the chocolate on its way. Scrape the mould (while still upside down) with a chocolate scraper to scrape off the excess chocolate.

2. The filling is prepared and filled into the shells

When the chocolate shells have set (preferably overnight, but at least a few hours), you transfer the filling to a disposable piping bag and pipe the filling into the chocolate shells while the shells are still in the mould. Do not fill the shells to the rim but leave 2-3 mm of room from the top of the cavities. This room is designated for the chocolate cap.

3. The filled shells are capped with chocolate

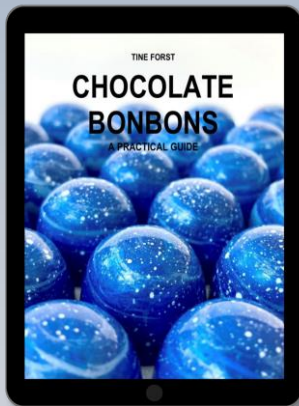
When the filling has set (preferably overnight, but at least a few hours), spread tempered chocolate on top of the filling in the cavities, either directly from the bowl or using a disposable piping bag. Scrape the mould with a chocolate scraper so that the excess chocolate is scraped off.

4. The bonbons are released from the mould

Wait at least a few hours (but preferably until the next day) before releasing the chocolate bonbons from the mould.

As mentioned at the beginning of this section, this is an abbreviated version of the four process steps of creating chocolate bonbons. If you would like a more detailed version and also learn what to do if your chocolate has become very thick in consistency during the process, or what to do if the temperature of the tempered chocolate has dropped to below 32°C - and in general get lots of other practical tips for solving

chocolate issues, you will find all that in my e-book [CHOCOLATE BONBONS – a practical guide](#)



Andreea:

"The best book about bonbons

I am a beginner into the chocolate world, but I did read many, many books about it. Most of them very well-known ones. I must say that this book is the best one among everything that I read about bonbons. The information is very clear and useful. This book answered all of my questions and the first time I tried to temper chocolate and make colored bonbons was a real success."

Billnäs Chocolate Factory Oy:

"Most comprehensive e- book on chocolate bonbons

This is the best e-book on chocolate I have found. It covers just about every subject one needs to know about making chocolate bonbons and chocolate in general. The book also has many good tips covering subjects from mould cleaning to shelf life issues. A large range of recipes completes this nice work. It's a must for anyone wanting to improve on their bonbons quality and techniques."

Erika

"Wonderful

It's a wonderful book with many ideas, tips and tricks and lots of varied recipes. If you buy it you won't be disappointed."

Maurilio:

"Very Instructive

The book is written in a simple way, helping everyone to understand the instructions. The book covers an extensive range of topics and there are a lot of charts summing up the content of the chapters which are very practical!"

Lori:

"Detailed Information and Great Recipes

Tine makes it so easy to understand everything you need to know to make amazing bonbons! Her recipes are easy to follow and all the ones I have tried so far have been delicious!"

Bec:

"Worth every cent

A lot of fantastic tips in here. Such a great ebook, highly recommend to anyone wanting to dive into the world of bonbons but may feel a little intimidated."

Todd:

"Great E Book

Lovely e-book full of technique and great recipes. Very easy to follow instructions. You can't go wrong getting this e-book."



RECIPE

COFFEE GANACHE

The finished bonbons have a shelf life of 45 days (minimum) stored at 16-18°C.

Ingredients

70 g whipping cream
20 g glucose syrup
15 g honey
3 g instant coffee powder, for example Nescafé (approx. 5 tsp.)
90 g milk chocolate (chopped into small pieces)
60 g dark chocolate (chopped into small pieces)
20 g butter (room temperature)

Procedure

1. Combine whipping cream, glucose syrup, honey, and instant coffee powder and bring the mixture to a boil (in the microwave or in a small pot). As soon as the cream mixture bubbles, remove it from the heat. Stir the mixture well to ensure that the coffee powder is completely dissolved.
2. Allow the cream mixture to cool down to 40°C while you gently melt the chocolate (milk and dark mixed together) to 35°C. I do this in the microwave at 600 watts (in short intervals).
3. Pour the cream mixture over the melted chocolate - a little at a time - while stirring in the centre with a small silicone spatula. Stir until the ganache comes together and becomes homogeneous and glossy. Add butter and stir until the ganache comes together again. Blend the ganache with an immersion blender and transfer it to a piping bag. The ganache is then ready for use.

What does it mean that a recipe is balanced?

All my recipes for fillings – and therefore also the recipe for the coffee ganache on the previous page – are balanced.

I have developed specific formulas for the composition of fillings. These formulas, I have tested and used over and over again. That is why I know they work - both in terms of shelf life, sweetness, and texture. By using these well-tested formulas, it is ensured that the proportion of active water (AW) in the fillings is sufficiently low to provide a shelf life of a minimum of 45 days. It is also ensured that the sweetness level of the filling is appropriate, and that the texture (the mouthfeel) of the filling is super delicious. This is what is meant by that the recipe is balanced.

I use different formulas depending on which chocolate the filling in question is made of (if it is, for example, a ganache). The ratio between the various components, including liquid, fat, sugar, and cocoa solids, depends (among other things) on which chocolate the respective filling contains.

If a ganache contains too much cocoa solids compared to other components, the ganache will become very firm and dry out quickly. If a ganache contains too much liquid, the shelf life will be short.

As far as sugar is concerned, it is also important to stick to a certain ratio - both to ensure that the filling does not become too sweet/becomes sweet enough, and to ensure that the shelf life of the filling is as long as I wish it to be. It also matters which types of sugar you add to your filling. Different types of sugar have different properties in terms of sweetness, texture, anti-drying ability, and ability to bind active water. So it is important that the right sugars are added.



THANKS

FOR THE
CHOCOLATE

And thank you so much for reading! I hope that you will have a great time in your chocolate kitchen while working with chocolate and creating delicious treats for yourself and for your loved ones.

Also, remember this about chocolate: Practice makes perfect!

So if it happens that your chocolate bonbons does not turn out as you hoped – for example if the shells become a little too thick, or if the capping could be a little prettier – do not give up!

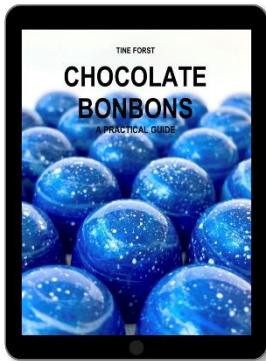
Think of every bump in the road as a necessary learning bump on your way to even more delicious and beautiful chocolate bonbons. We have all been there. I have too.

I hope this e-book has helped you over the first few bumps so your journey towards creating amazing chocolate bonbons with great taste, perfect texture and long shelf life has become easier ❤️

Hugs,
Tine

My e-books on chocolate bonbons

Do you want to read more about the e-books? Just click on the links below :-)



With 'CHOCOLATE BONBONS - a practical guide' you will, among other things:

- Serve chocolate bonbons for family and friends - with delicious fillings that have perfect texture and of course a long shelf life
- See your own reflection in your bonbons – that is how much they will shine
- Enjoy bringing that airbrush to life once for all
- Know how to solve your chocolate issues, and
- Experience tons of chocolate successes.

What others are saying about the e-book:

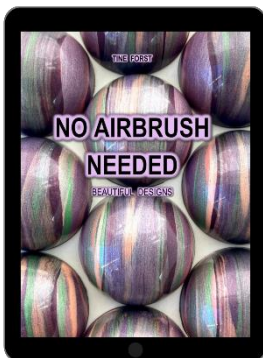
Cmgram:

"I absolutely love this e-book. It is full of so much detailed information that has helped me improve my chocolate making tremendously. The recipes are fantastic too. I would not hesitate to recommend this book. I think its great value for money and I will definitely buy other e-books from Tine."

Kine:

"Very good introduction to making bon bons. Well explained and illustrated. Good recepies for filling. Recommended e-book for new beginners. Worth the money."

[CHOCOLATE BONBONS – a practical guide](#)



'NO AIRBRUSH NEEDED - beautiful designs' gives you:

- Step by step instructions to create 6 different designs - without using an airbrush of course
- Pictures of each and every step
- Recommendations for choosing colours, type of chocolate, and moulds
- Recommendations for temperature of the mould
- Specific tips for that particular design

What others are saying about the e-book:

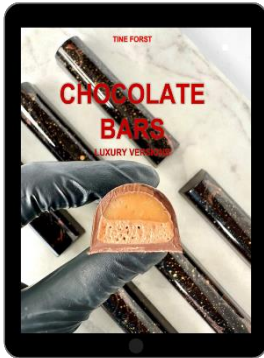
Barbara:

"A perfect guide for beginners and those with some skill. The guidance is easy to follow and really gives confidence to anyone wants to expand their skills with cocoa butter."

Karen:

"This ebook, is a very informative guide to all you need to know too create wonderful designs, using every day equipment. Tine is a master at explanation, and walks you through every step of the process. The results that you get are as the pictures, and work perfectly everytime."

[NO AIRBRUSH NEEDED – beautiful designs](#)



'CHOCOLATE BARS - luxury versions' gives you recipes for my luxury versions of:

- Snickers
- Lion
- Bounty
- Mars
- Twix

The shelf life of the chocolate bars is 45 days minimum.

What others are saying about the e-book:

Hera

"I recently bought the Chocolate Bars book, and it's been perfect for a beginner like me! The instructions are clear, easy to follow, and the recipes are so approachable. I love how it breaks down the process step by step, making it less intimidating to try something new. Highly recommend it to anyone starting their chocolate-making journey!"

Laura:

"This is such a great book! Very easy to follow instructions for how to decorate the bars (which are absolutely beautiful!) and excellent recipes! I absolutely love this book and can't recommend it enough."

[CHOCOLATE BARS - luxury versions](#)



'MORE CHOCOLATE BARS - luxury versions' gives you recipes for my luxury versions of:

- Ferrero Rocher
- Toblerone
- Bueno
- After Eight
- Daim

The shelf life of the chocolate bars is 90 days minimum.

What others are saying about the e-book:

Cindy:

"I made the After Eights today (in bonbon form) and they are absolutely amazing!!! Thank you so much for a great recipe! It was my first mint 'anything' that I've made and it was perfect! Looking forward to trying some more from the e-books I have bought."

Ashley:

"Each recipe comes with filling recipes and mould decor which not everyone includes. Each step has easy to follow directions and the results are amazing. The flavors and texture of each layer is better than the original bars they replicate."

[MORE CHOCOLATE BARS - luxury versions](#)



In 'SPRING – two layered chocolate bonbons' you get recipes for four different bonbons, all of which are full of flavour and which go well with spring:

- Lemon/Liquorice & Digestive
- Strawberry & Coffee
- Milk Chocolate & Passion Fruit
- Pistachio & Oreo

Each of the four chocolate bonbons contains two different fillings, and the shelf life is 45 days minimum.

What others are saying about the e-book:

Linda

"SPRING - Two Layered Chocolate Bonbons blew me away! The variety of fillings and straightforward recipes are amazing. Each bonbon has two perfectly balanced layers in taste and texture."

John:

"Will start with a massive WOW, how easy is the ebook, easy to understand and extremely easy to follow. Very well written. Offering everything you need to know to bring your chocolate bonbons to the next level. I recommend you at least try one, I have two and was successful in both. I highly encourage you to try them."

[SPRING – two layered chocolate bonbons](#)



In 'SUMMER DESSERTS - in a chocolate bonbon' you get recipes for fillings for my interpretations of three different summer desserts - as a bonbon:

- Blueberry Tart
- Rhubarb Trifle
- Strawberry Cake

Each of the three chocolate bonbons contains three different fillings, and the shelf life is 45 days minimum.

What others are saying about the e-book:

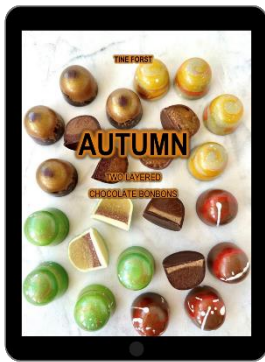
Karen:

"The flavours were delightful and literally sang on your tongue. I have had to make them all, several times as they were so popular with everyone that tried them. Tine is a very talented Chocolatier, and creative artisan. I highly recommend this book to everyone, you will not be disappointed."

Nathan:

"Well written and informative recipes. The clear to follow format is unfussy and welcomed. All recipes I have created have turned out as stated in the book."

[SUMMER DESSERTS – in a chocolate bonbon](#)



In 'AUTUMN – two layered chocolates bonbons' you get recipes for four different bonbons, all of which are full of flavour, and which go well with autumn.

- Chai Latte & Blackberry
- Apple & Macaron
- Tahini/Cinnamon & Bastogne
- Orange & Gianduja

Each of the four chocolate bonbons contains two different fillings, and the shelf life is 45 days minimum.

What others are saying about the e-book:

Dana:

"These recipes are simply spectacular. Not only are they easy to follow with ingredients that are easy to source, they taste amazing and have good shelf lives. Crowd pleasers for sure!"

Paul:

"As with her other e-book titles, these recipes are easy to follow and understand. There are great explanations about methods and why you do things a certain way. Everything is accounted for, including which chocolate moulds she uses. I would certainly recommend her e-books to anyone."

[AUTUMN – two layered chocolate bonbons](#)