



THOUGHTFUL COOKING WITH TINA

## Healthy Raw Cacao Paste Ganache (GF, DF)

SERVES 6 · 4 HRS · GLUTEN-FREE · DAIRY-FREE

*A raw cacao ganache-style cream with Madagascan vanilla, maple syrup and a whisper of tamari — an elegant dairy-free chocolate dessert.*

### INGREDIENTS

200g raw cacao paste chunks  
70g smooth, unsalted cashew butter  
70g organic ghee butter  
70–90g soy or oat milk (unsweetened)  
70g maple syrup, or to taste  
1 Madagascan vanilla pod, split and seeds scraped  
1–2 tsp tamari sauce (optional)  
Pinch fine sea salt (to serve)  
Olive oil or, toasted sesame oil (to serve)

### ALLERGENS

Nuts (Cashew Nuts) · Milk (Ghee)

### METHOD

1. Place the cashew butter and ghee in a heatproof bowl with the split vanilla pod and its seeds. Set over a bain-marie and warm gently, stirring occasionally, for 5–10 minutes to infuse.
2. Add the chopped cacao paste and let it melt slowly into the mixture, stirring until completely smooth. Remove the bowl from the heat and lift out the vanilla pod.
3. In a separate pan, warm the oat or soy milk, gently warmed, not boiling.
4. Transfer the warm cacao mixture to a high-speed blender. With the motor running, slowly pour in 70 g of the hot milk and blend until glossy and smooth. If the mixture looks too thick or grainy, add more milk a spoonful at a time, up to 90 g in total, until the emulsion comes together.
5. Add the maple syrup and tamari sauce. Blend briefly until the mixture is fluid, shiny and fully emulsified.
6. Pour into a shallow tray about 2–3 cm deep. Press a piece of cling film or parchment directly onto the surface to prevent condensation. Refrigerate for at least 3 hours, or until firm enough to scoop.
7. Before serving, allow the tray to sit at room temperature for 10–15 minutes so the cream softens slightly. Either spoon into small serving bowls, or scoop into quenelles with two warm spoons. Finish with a drizzle of toasted sesame oil or a few drops of light virgin olive oil, and top with fresh berries or toasted nuts.

### PER SERVING · estimated

~301 kcal · Protein ~5.2g · Fat ~26.4g · Carbs ~13.1g · Fibre ~3.3g