



Mendians



www.savorydiscovery.com

Mendiant

Introduction

Mendians are delightful chocolate discs adorned with an assortment of nuts and dried fruits, embodying the essence of French confectionery. Traditionally enjoyed during the festive season, these treats combine simple ingredients for a rich and satisfying dessert experience. Whether you're looking to impress guests at a gathering or simply indulge your sweet tooth, mendians are a fantastic choice that allow for creativity in toppings.

Detailed Ingredients with measures

Dark chocolate (at least 70% cocoa) - 200 grams
Almonds - 50 grams
Dried apricots - 50 grams
Hazelnuts - 50 grams
Pistachios - 50 grams
Sea salt (optional) - a pinch

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes
Total Time: 30 minutes
Yield: Approximately 12 mendians



www.savorydiscovery.com

Mendiant

Detailed Directions and Instructions

Prepare the chocolate

Melt your chocolate by either placing it in a heatproof bowl over simmering water or using a microwave. If using a microwave, heat it in short bursts of 20 seconds, stirring in between until completely smooth.

Prepare the molds

Line a baking sheet with parchment paper to create a surface for your mendians.

Pour the chocolate

Once the chocolate is melted and smooth, pour small circles of it onto the prepared parchment paper. Each circle should be about 1-2 inches in diameter.

Add toppings

While the chocolate is still warm and slightly runny, sprinkle your chosen toppings evenly on each circle. You can use dried fruits, nuts, or candied peels as desired.

Let them set

Allow the chocolate to set at room temperature for about 1-2 hours. For quicker results, you can place the baking sheet in the refrigerator.

See also [Delicious Sausage Dip Recipe for Parties](#)

Remove from parchment

Once the chocolate is fully set, carefully peel the mendians off the parchment paper.

Store or serve

Store the mendians in an airtight container at room temperature or serve them immediately.

Notes

Chocolate type

You can use dark, milk, or white chocolate depending on your preference.

Topping suggestions

Popular toppings include almonds, pistachios, hazelnuts, cranberries, apricots, or any other dried fruits and nuts you like.

Storage tips

These mendians can be stored for up to two weeks if kept in a cool, dry place.



www.savorydiscovery.com

Mendiant

Cook techniques

Tempering Chocolate

Tempering chocolate involves melting chocolate to a specific temperature and then cooling it down to stabilize it. This technique ensures that the chocolate has a glossy finish and a crisp texture when set.

Chopping Ingredients

When preparing toppings for mendians, it's important to chop the nuts and dried fruits into uniform pieces. This ensures even distribution and makes it easier to bite into the finished treat.

Melting Chocolate

Melting chocolate can be done using a double boiler or microwave. It's essential to heat it gently to avoid burning, as burned chocolate can lose its smooth texture and flavor.

Working with Molds

Using silicone molds makes it easy to release the chocolate once it has set. Ensure the molds are clean and dry before pouring in the melted chocolate for the best results.

Assembling Mendians

Once the chocolate has been poured into molds or onto a baking sheet, you can carefully place your chopped toppings on top. Ensure to do this while the chocolate is still wet so that the toppings adhere properly.

See also [No Bake Lemon Cheesecake Cups](#)

FAQ

What chocolate is best for mendians?

Dark, milk, or white chocolate can all be used for mendians, depending on your personal preference.

How do I store leftover mendians?

Store mendians in an airtight container at room temperature for up to two weeks.

Can I use different toppings for mendians?

Yes, feel free to experiment with various nuts, seeds, dried fruits, or even spices to customize your mendians.

Why is my chocolate not shiny?

If your chocolate is not shiny, it may not have been tempered properly. Proper tempering is key to achieving a glossy finish.

Can I make mendians in advance?

Yes, mendians can be made ahead of time and stored for later enjoyment.



www.savorydiscovery.com

Mendians

Conclusion

Indulging in homemade mendians is a delightful way to explore various flavor combinations and textures. This simple treat not only satisfies your sweet tooth but also allows for creativity in choosing toppings, making it a versatile option for festive occasions or everyday snacking. Whether enjoyed on their own or gifted to friends and family, mendians are sure to bring joy and a touch of elegance to any moment.

More recipes suggestions and combination

Nutty Delight Mendians

Combine dark chocolate with a variety of nuts such as almonds, hazelnuts, and pistachios for a satisfying crunch and rich flavor.

Fruity Bliss Mendians

Top your chocolate discs with dried fruits like apricots, figs, or cherries for a chewy surprise that enhances the overall taste.

Spiced Chocolate Mendians

Incorporate spices such as cinnamon or chili powder into the chocolate before pouring it, giving your mendians a unique twist.

Citrus Zest Mendians

Add a sprinkle of orange or lemon zest atop the chocolate for a refreshing citrus kick that brightens up each bite.

See also Potato Salad for Grilling

Caramel Sea Salt Mendians

Drizzle a bit of caramel sauce on top of your chocolate and finish with a pinch of sea salt for a delectable sweet and salty combination.

Healthy Superfood Mendians

Enhance your mendians with superfoods like chia seeds, goji berries, or hemp hearts for a nutritious and energizing treat.



Mendians