

The Blackboard  
An alternate to the traditional Choux Paste method  
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## PETS DE NONNE

Preparation time: 20 minutes  
Cooking time: 4 hours or overnight  
Makes: 50  
Use: 2 non-stick baking sheets

150g (5oz) dark chocolate,  
minimum 60% cocoa solids, roughly chopped  
3 large egg whites  
salt  
125g (4 1/2 oz) caster sugar  
125g (4 1/2 oz) walnuts, roughly chopped  
25g (1oz) angelica, diced  
2 teaspoons dark rum

Preheat the oven to 180°C/350°F/gas mark 4. If you don't have non-stick baking sheets, line ordinary ones with foil.

Place the roughly chopped chocolate in the fridge for about 1 hour.

Whisk the egg whites with a pinch of salt until stiff peaks form. Whisk in the sugar a little at a time until the mixture becomes glossy. Fold in the nuts, chocolate and angelica and then fold in the rum.

Place heaped teaspoons of the mixture, spaced well apart, on the baking sheets.

Bake in the oven for 5 minutes and then turn off the oven and leave them for about 4 hours or overnight.

Store the cakes in an airtight container.

HINT: Be careful not to overbeat the egg whites. They should form stiff, shiny peaks, but if they start to separate and resemble snow, you have gone too far.

From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.

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